

Sleep Disorders: Diagnosis and Treatment

Breathing disorders are highly prevalent during sleep. The occurrence of disordered breathing during sleep limits the ability to obtain deep, restful sleep, results in sleepiness during the daytime, and contributes to several comorbidities. A deeper understanding of the relationship between sleep-disordered breathing and several common medical disorders, and the complex interplay of their influence on each other, continues to evolve at a truly breathtaking pace. These recent developments are reviewed in this Journal Conference devoted to sleep disorders. Experts in the field have reviewed recent advances related to obstructive and central sleep apnea, and methods for diagnosing and treating these disorders with positive airway pressure and surgical techniques. The interaction of sleep disorders with cardiovascular disorders, COPD, and obesity hypoventilation is also reviewed in detail. Other important topics include methods to enhance adherence to continuous positive airway pressure; management of sleep disorders in hospitalized patients; recognition and treatment of sleep apnea in children; and regulation, certification, and accreditation aspects of sleep practice.

There is a growing realization that management of sleep apnea and other sleep disorders should follow principles similar to those employed in the treatment of many chronic diseases, such as asthma, COPD, hypertension, and diabetes mellitus. The success of positive airway pressure

therapy is highly dependent on its regular use. Respiratory therapists are an integral part of the management team and make several important contributions to patient care. The topics reviewed in this conference are, therefore, extremely relevant to the day-to-day practice of respiratory therapists.

All the participants deserve our profuse thanks for their presentations and active participation in the informative discussions. We hope that the contributions of these internationally recognized experts to this Journal Conference will be of tremendous educational value to the readership. We were very fortunate to have the guidance of Dean Hess and David Pierson in planning and conducting this conference. Ray Masferrer, as always, did a masterful job of making all the arrangements for the meeting. We gratefully acknowledge the American Association for Respiratory Care and American Respiratory Care Foundation for hosting this conference.

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Dr Dhand has disclosed relationships with GlaxoSmithKline, Novartis, and Agennix. Dr Parthasarathy has disclosed a relationship with Respironics.