



Sleep Medicine (Oxford Case Histories)

Himender Makker, Matthew Walker, Hugh Selsick, Bhik Kotecha, Ama Johal

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This book provides a case-based illustrative approach to the understanding and management of common and important sleep disorders, including snoring and sleep disordered breathing, insomnia and circadian-rhythm disorders, as well as primary neurological sleep disorders. Case histories are written by well-established experts from University College London Hospitals who have long-standing experience of providing a multi-disciplinary approach to the management of sleep disorders. Cases focus on the recognition of presenting features of sleep disorders and their clinical importance, using real life patients from sleep clinic. Each case report provides a detailed clinical description followed by a clear explanation of the salient points. The text is supported by photographs, diagrams and line drawing and concludes with a list of key learning points. Each case history reads as stand-alone, although a common theme of presenting features, clinical features, investigation and treatment is adhered to. Cases are written in an easy-flowing prose style in an attempt to simulate the experience of seeing and discussing a real life patient case in clinical practice.

The book is of interest to all clinicians who are likely to come across patients with sleep disorders in their clinical practice and wish to improve their understanding and knowledge of sleep disorders.

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