



Clinical handbook of insomnia

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Attarian, Hrayr P.

Humana Press,
2004

handbooks

Handbooks and manuals

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Monografía

Although insomnia is the second most common complaint, after pain, in the primary care setting, medical texts and reference books often fail to give full treatment to the subject. In Clinical Handbook of Insomnia, expert clinicians and researchers provide practicing primary health care providers the first clinically oriented, comprehensive textbook devoted to the evaluation and treatment of insomnia. Summarizing the latest findings published in a wide variety of medical journals, these experts concisely review the primary insomnias (those in children and adults, psychophysiological and idiopathic insomnia, and sleep state misperception), as well as those caused by medical, neurological, and psychiatric problems. They then fully discuss the latest pharmacological and nonpharmacological treatments for insomnia, illustrating each topic with detailed case studies, algorithms, charts, and graphs to better demonstrate the points presented. Also included is a simple algorithm for the differential diagnosis of insomnia. Comprehensive, easy to read, and up-to-date, Clinical Handbook of Insomnia considers the disorder in all its multiple forms, helping the practicing health care provider to identify the problem early on, to recognize its underlying cause, and to prescribe the most efficacious treatment

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Contenido: I: Overview -- 1 Defining Insomnia -- 2 Epidemiology of Insomnia -- 3 Physiological Basis of Insomnia -- 4 Differential Diagnosis of Insomnia -- II: The Primary Insomnias -- 5 Insomnia in Children and Adolescents -- 6 Psychophysiological Insomnia -- 7 Idiopathic Insomnia -- 8 Sleep State Misperception -- 9 Sleep Hygiene -- III: The Secondary Insomnias -- 10 Insomnia Caused by Medical and Neurological Disorders -- 11 Insomnia in Psychiatric Disorders -- 12 Insomnia in Primary Sleep Disorders -- IV: Treatment of Insomnia -- 13 Cognitive-Behavioral Therapy for Insomnia -- 14 Pharmacological Treatment of Insomnia

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Materia: Insomnia- Handbooks, manuals, etc. Insomnia Sleep Initiation and Maintenance Disorders Insomnie-Guides, manuels, etc. Insomnie HEALTH & FITNESS- Sleep & Sleep Disorders Insomnia Schlafstörung Aufsatzsammlung

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