



## Acute and Emergent Events in Sleep Disorders

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America is a 24/7 lifestyle. This makes sleep--especially disruptions in sleep--a pressing concern for many Americans. According to the National Sleep Foundation (NSF), approximately 40 million Americans suffer from chronic sleep disorders, and an estimated 20-30 million others experience sleep-related problems. Chronic sleep disorders may also lead to psychiatric disorders such as depression and schizophrenia. Moreover, neurological disorders such as seizures, strokes, Parkinson's, etc, and medical disorders such as asthma or arrhythmia, also affect the quality of sleep Americans receive.

*Acute and Emergent Events in Sleep Disorders* creates awareness for the management of disorders that occur during sleep. Chokroverty and Sahota bring greater awareness to the treatment of sleep disorders, as well as treatments of neurological, medical, and psychiatric disorders. The book has six different sections covers a wide range of topics dealing with how to treat and manage these events. For example, when to prescribe CPAP (Continuous Positive Airway Pressure) machines for sleep apnea patients' whose risks are doubled for stroke or death, as compared to those without the disorder. Another segment discusses treatment of Restless Legs Syndrome (RLS), a movement disorder which is amplified when trying to rest. Managing depression, which affects patients' sleep cycles, is analyzed as well as its relation to sleep-deprivation and insomnia. Considerations for sleep disorders in children, such as Sudden Infant Death Syndrome (SIDS) are also presented. This book serves an effective tool for neurologists, clinical neuroscientists, residents, and fellows.

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