

## Response to Dement

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To the editor:

Regarding Dr. Dement's response to my review of *Sleep Disorders for Dummies*, lest there be any misunderstanding: I respect the work of scientists and value their reports in peer-reviewed publications. However, when media and others distort this information and use it inappropriately to give their message a scientific flavor, I call that "junk science." We don't tolerate inaccuracy in scientific writing; why should we sanction it in other publications, especially in a book authored and endorsed by two respected sleep professionals?

We all welcome a broader understanding of sleep disorders, and we advocate it in different ways. I happen to think that we are most effective when we stick to the facts and don't jeopardize our credibility. The straight message is compelling enough.

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### Disclosure Statement

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