

Sleep: A Comprehensive Handbook

Edited by Teofilo L. Lee-Chiong, 1096 pages, \$175, ISBN: 0-471-68371-X;
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Sleep is a rapidly evolving and expanding discipline of study. Clinical awareness of sleep disorders is growing, and new contributions to our knowledge of the biology and pathophysiology of sleep are made almost daily. In *Sleep: A Comprehensive Handbook*, editor Teofilo L. Lee-Chiong has assembled the collective wisdom of international experts in the field of sleep medicine. Though it is not a handbook in the strict sense of the word, this hefty one-volume edition provides a comprehensive assessment of sleep medicine as we understand it today.

The textbook is organized into seventeen sections which cover all aspects of sleep medicine. Part I, "The Science of Sleep Medicine," discusses the biology, physiology, and function of sleep, as well as the epidemiology and classification of sleep disorders. Parts II-VII focus on specific sleep disorders, including insomnia, excessive sleepiness, sleep disordered breathing, circadian rhythm disturbances, parasomnias, and movement disorders. Parts VIII, IX, and X explore sleep in children, the elderly, and women. Parts XI-XV discuss sleep in a variety of medical disorders. Part XVI covers sleep in special patient groups. Part XVII provides comprehensive analysis of sleep assessment methods and concludes with chapters on operating and managing a sleep laboratory and accrediting a sleep program.

Readers of this textbook will appreciate the overall organization, with succinct chapters and clear writing. The preface provides a brief but valuable summary of the entire book. Each chapter includes an introduction, conclusion, and list of references. Most have useful tables and/or figures exemplified by the chapter on radiographic and endoscopic evaluation of the upper airway, which contains beautiful MR images of the head and neck. A major strength is the degree to which clinical findings are discussed in the context of current research. Nowhere is the focus on evidence-based medicine more apparent than in the section

on pathologic consequences of sleep disordered breathing. Data from cellular, physiologic, and clinical studies support a discussion on the mechanisms linking sleep apnea and cardiovascular, neurocognitive, and cerebrovascular disease. The part on sleep in special patient groups is also noteworthy. It reviews sleep in populations not usually addressed in textbooks of sleep medicine, including patients with HIV, the critically ill, caregivers, health care workers, and students.

In summary, Dr. Lee-Chiong has succeeded in creating a textbook on sleep medicine that is comprehensive and up-to-date, yet easy to read. He has done an excellent job providing an overview of this rapidly changing field from basic to clinical science. *Sleep: A Comprehensive Handbook* is a valuable resource for sleep specialists as well as primary care providers, trainees, and students.

Disclosure Statement

Dr. Camhi has indicated no financial conflict of interest.

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