



Book Review

Sleep Medicine, Lee-Chiong TL, Sateia MJU, Carskadon MA, Philadelphia, Hanley and Belfus, Inc., 2002

This book is a 737 page multi-author textbook, covering the comprehensive field of sleep medicine. The editors note in the preface that the book is designed for a wide variety of readers, ranging from students, primary care physicians and nurses through sleep researchers. While this ambitious goal is not fully realized, the book is a welcome addition to the short list of comprehensive middle length textbooks on sleep medicine. Contributors include both well-established experts and lesser known physicians and scientists, thus providing both mature and fresh approaches.

The book covers normal sleep physiology, ontogeny, the full spectrum of sleep disorders, sleep in patients with other diseases, and practical aspects of sleep monitoring. Interesting sections include chapters on sleep in women, genetic syndromes causing sleep disordered breathing, sleep in critically ill patients, and sleep in patients with cancer and AIDS. I enjoyed the chapter on phylogeny of sleep with its broader biologic perspective. The chapters on insomnia, restless legs syndrome, and psychotropic and neurologic medications affecting sleep are particularly well presented. Citations from 2000 are fairly frequently quoted, with occasional 2001 references, unusual in a book published in January 2002. Some chapters include very current material, such as the mutation responsible for familial advanced sleep phase syndrome.

In a textbook of only 737 pages, there will always be differences of opinion over emphasis. My personal bias is that a single nine page chapter devoted to the neurobiology of sleep is insufficient. Some imbalances are present, such as 22 pages on upper airway imaging in OSA compared to only nine pages on narcolepsy. There is some redundancy, but this does allow the reader to appreciate different perspectives. Style varies between authors, with some, but not all, chapters ending with a conclusion. I was disturbed at the use of drug trade names in the chapter on sleep in the elderly, and noted an unconventional set of normal values for the multiple sleep latency test, unsupported by any citations. The chapter on forensic sleep medicine covers sleepiness comprehensively but does not mention the important topic of violent parasomnias.

Who will benefit from this book? Physicians starting a fellowship in sleep medicine and established sleep specialists wanting an updated textbook should certainly consider this book in deciding which text to purchase. It is readable and its length is not too intimidating. Sleep centers and medical libraries should definitely add this volume to their collections. The book is less suitable for non-sleep physicians wanting a basic source to learn about sleep medicine, unless they have the time for intensive reading.

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