

## Essentials of sleep medicine : an approach for clinical pulmonology

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### Abstrak

In Essentials of sleep medicine : an approach for clinical pulmonology, a concise, evidence-based review of sleep medicine for the pulmonologist is presented. Providing a focused, scientific basis for the effects of sleep on human physiology, especially cardiac and respiratory physiology, chapters also outline a differential diagnosis for common sleep complaints and an evidence-based approach to diagnosis and management. This includes a review of the current standards of practice and of emerging technology and unresolved issues awaiting further research. Each chapter includes a summary of current research and outlines future research directions and issues. In all, Essentials of sleep medicine : an approach for clinical pulmonology provides a clear diagnostic and management program for all the different sleep disorders, with a major focus on respiratory disorders of sleep, and includes key points and summaries. n-depth review of sleep medicine.