

# Duke Structured Interview

## Sleep

Oxford Case Histories in Sleep Medicine Himender

Makker, Matthew Walker, Hugh Selsick, Bhik Kotecha, Ama

Johal. 2015-03-26 This book provides a case-based illustrative approach to the understanding and management of common and important sleep disorders, including snoring and sleep disordered breathing, insomnia and circadian-rhythm disorders, as well as primary neurological sleep disorders. Case histories are written by well-established experts from University College London Hospitals who have long-standing experience of providing a multi-disciplinary approach to the management of sleep disorders. Cases focus on the recognition of presenting features of sleep disorders and their clinical importance, using real life patients from sleep clinic. Each case report provides a detailed clinical description followed by a clear explanation of the salient points. The text is supported by photographs, diagrams and line drawing and concludes with a list of key learning points. Each case history reads as stand-alone, although a common theme of presenting features, clinical features, investigation and treatment is adhered to. Cases are written in an easy-flowing prose style in an attempt to simulate the experience of seeing and discussing a real life patient case in clinical practice. The book is of interest to all clinicians who are likely to come across patients with sleep disorders in their clinical practice and wish to improve their understanding and knowledge of sleep disorders.

**Sleep Paralysis** Brian A. Sharpless, Karl Doghramji. 2015 This resource documents the significant progress made in the last decade regarding our understanding of motor control in sleep and the relationship between sleep and movement disorders. Divided

into four major sections it covers sleep-related movements and the importance of recognising sleep-related movement disorders for diagnosis, differential diagnosis and treatment. Additionally, it covers new sleep-related disorders that have been classified and diagnosed.

### **Emotion Regulation and Psychopathology in Children and Adolescents** Cecilia A. Essau, Sara S. LeBlanc, Thomas H.

Ollendick.2017-07-04 Emotions are a cardinal component of everyday life, affecting one's ability to function in an adaptive manner and influencing both intrapersonal and interpersonal processes such as self-esteem and relationship satisfaction. However, when emotions are overpowering, they can become debilitating and intrusive in daily life. In general, emotion regulation competencies become differentiated as a function of development. Children tend to seek support from adults or use behavioral techniques to regulate their emotions. As children reach adolescence, they become increasingly self-reliant, engaging in planful problem solving and utilizing cognitive strategies (for example, reappraisal) more frequently when faced with stressful life events. While the majority of children and adolescents will successfully navigate these developmental stages by cultivating adaptive coping skills, for some, this marks the beginning of lifelong challenges with emotion regulation and resultant dysregulation. This book provides a guide to dealing with these problems, with contributions from leading experts in the field. Divided into 4 sections, it starts by providing an introduction to the field of emotion regulation in adolescents, touching upon the cultural, social, biological, and developmental issues related to this topic. Section two discusses several psychological disorders impacting adolescents such as anxiety, depression and conduct problems, while also discussing the underlying role emotion regulation plays in the development, maintenance and propagation of these disorders. In addition, this section considers the implication for treatment by discussing the

latest evidence-based intervention approaches. The third section focuses on the role of emotion regulation in specific behaviour/populations, such as children of abuse and neglect, as well as adolescents who engage in nonsuicidal self-injury. The final section includes an epilogue, discussing emergent areas of research, answering questions of a theoretical, psychological, and empirical nature. For all those working in the field of mental health, whether novice or experienced, the book provides a valuable guide to understanding and treating these increasingly common problems.

Handbook of Sleep Disorders in Medical Conditions Josee Savard, Marie-Christine Ouellet. 2019-03-14 Handbook of Sleep Disorders in Medical Conditions reviews the current knowledge on the nature and manifestations of sleep disorders associated with a variety of common medical conditions, including epilepsy, traumatic brain injury and dementia. It also provides clinical guidelines on how to assess and treat them with pharmacological and non-pharmacological interventions. Although the general principles of sleep medicine may be applied to some extent to patients with comorbid medical conditions, this book makes the case that an adaptive approach is warranted when considering the particularities of each condition. In addition, clinicians must also be cautious when prescribing sleep medications as some pharmacological agents are known to exacerbate symptoms associated with the medical condition, such as cognitive deficits (i.e. difficulties with memory and attention) in cancer patients experiencing chemo brain, or in persons with neurologic conditions (e.g. mild cognitive impairment, dementia, stroke, brain injury). A differential approach to evaluating and treating sleep is thus warranted. Presents a general overview on assessing and treating sleep disorders that are applicable to a diverse set of patients Provides a comprehensive, up-to-date review of the literature on the prevalence and manifestations of sleep problems related to specific medical conditions Includes practical

information regarding special considerations for the assessment and treatment of sleep issues in specific medical conditions

### **Management of Sleep Disorders in Psychiatry** Amit

Chopra, Piyush Das, Karl Doghramji. 2020-10-27

Management of Sleep Disorders in Psychiatry provides the most comprehensive and evidence-based review of the clinical management of DSM-V based sleep-wake disorders in patients with psychiatric disorders. This book is organized into three sections that focus on the basics of sleep medicine, clinical features and treatment of DSM-V sleep-wake disorders, and evidence-based management of sleep disorders commonly associated with a range of DSM-V based psychiatric disorders. The first section orients the reader to topics such as sleep physiology, neural mechanisms of wakefulness and sleep, circadian rhythms, effects of sleep on cognition, history taking in sleep medicine, and clinical application of technical procedures used in the field of sleep medicine. The second section adopts a unique perspective of using DSM-V classification of sleep-wake disorders to integrate the management of sleep disorders with mainstream clinical psychiatry. This section features a comprehensive chapter on pediatric sleep-wake disorders, a topic of interest to fellows and practicing clinicians specializing in child and adolescent psychiatry. The third section offers the most comprehensive review of comorbidity, shared pathophysiology, and clinical management of sleep disorders within the context of a wide range of DSM-V based psychiatric disorders. This section also highlights important topics such as delirium, neurocognitive disorders, effects of psychotropic medications on sleep, neurological disorders, pain disorders, forensic sleep medicine, and eating disorders. This clinically-oriented resource provides case vignettes and clinical pearls to illustrate the diagnosis and treatment of sleep disorders in the setting of a variety of psychiatric presentations. Additionally, each chapter includes a self-assessment section with multiple-choice questions that helps the reader solidify their clinical skills and

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prepare for the board and certification examinations for topics pertinent to sleep-wake disorders in psychiatry.

**Unusual and Rare Psychological Disorders** Brian A.

Sharpless.2017 Many fascinating and important psychological disorders are either omitted from our current diagnostic systems or rarely covered during graduate or medical training. As a result, most mental health students and trainees are never taught to identify, diagnose, or treat them. This lack of attention has real-world consequences not only for patients, but for basic science as well. *Unusual and Rare Psychological Disorders* collects and synthesizes the scientific and clinical literatures for 21 lesser-known conditions. The coverage is broad, ranging from exploding head syndrome and koro to body integrity identity disorder and persistent genital arousal disorder. All chapters follow a uniform structure and introduce each disorder with a vivid clinical vignette. After discussing the historical and cultural contexts for the disorder, authors describe the typical symptoms, associated features, current role in diagnostic systems (if any), and etiologies. Clinically relevant information on assessment and differential diagnosis is also provided. Finally, authors review the treatment options and suggest future directions for research. This unique and engaging volume will not only be a useful resource for researchers and clinicians who already possess expertise in the more well-known manifestations of psychopathology, but it will also be of interest to students and trainees in the mental health professions.

*Treating Sleep Problems* Allison G. Harvey, Daniel J.

Buyse.2017-10-13 This practical manual presents an innovative modular treatment for adults and adolescents with a wide range of sleep and circadian rhythm problems, such as insomnia, daytime sleepiness, poor sleep quality, and irregular sleep-wake schedules. The treatment applies broadly to all individuals with sleep problems, including those with psychiatric disorders. It is grounded in a cutting-edge understanding of sleep health and

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integrates elements of cognitive-behavioral therapy for insomnia (CBT-I), interpersonal and social rhythm therapy (IPSRT), and other evidence-based therapies. Each module is described in detail, including specific practitioner guidance, sample scripts, developmental adaptations, and tips for enhancing motivation. Purchasers get access to a Web page where they can download and print the book's 17 reproducible client handouts in a convenient 8 1/2 x 11 size.

**Handbook of Assessment and Treatment Planning for Psychological Disorders, Third Edition** Martin M.

Antony, David H. Barlow. 2020-08-18 This authoritative clinical reference and text--now revised and updated with 50% new content--presents the assessment tools and strategies that every evidence-based psychotherapy practitioner needs. Unlike most assessment texts, the volume is organized around specific clinical problems. It explains how to select and use the best measures to assess clients' symptoms, generate diagnoses, plan appropriate treatments, and monitor progress. Clinician- and student-friendly features include tables comparing and contrasting relevant measures, sample forms, and case examples. Every chapter addresses considerations for primary and managed care settings. New to This Edition \*Chapters on new topics: assessment of well-being and transdiagnostic assessment. \*New chapters on core topics: eating disorders, personality disorders, and insomnia. \*Updated throughout with DSM-5 diagnostic changes, new and updated instruments, current research, and increased attention to transdiagnostic concerns. \*Expanded coverage of obsessive-compulsive and related disorders. See also *Clinical Handbook of Psychological Disorders, Sixth Edition*, edited by David H. Barlow, which presents evidence-based treatments step by step.

Sleep Disorders and Sleep Deprivation Institute of Medicine, Board on Health Sciences Policy, Committee on Sleep Medicine and Research. 2006-10-13 Clinical practice related to

sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. *Sleep Disorders and Sleep Deprivation* presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

**The Oxford Handbook of Sleep and Sleep Disorders** Charles M. Morin, Colin A. Espie. 2012-03 A great deal of progress has been made in the characterization assessment and treatment of sleep disorders in recent years. Detailing the functions of sleep and its effect on cognition and development, this book offers a comprehensive, practical approach to the evaluation and treatment of patients with sleep disorders.

**Sleep and Neuropsychiatric Disorders** Ravi Gupta, David N. Neubauer, S. R. Pandi-Perumal. 2022-02-01 This book explores the intricate links between sleep and neuropsychiatric diseases. In clinical settings, understanding the development, treatment, and management of neuropsychiatric diseases poses a substantial

challenge. Neuropsychiatric disorders place a significant cost on society, affecting the health of people affected, care providers, and the general community. Sleep and neuropsychiatric disease are inextricably linked. Sleep disorders are widespread in these populations and are frequently overlooked in neurology and psychiatry. The book offers readers up-to-date information on different facets of the bidirectional connections between sleep and neuropsychiatric diseases. Following the initial fundamental science part, a unique series of chapters concentrate on the behavioural manifestations of sleep problems, a hitherto unexplored field. Additional chapters include patient evaluation techniques as well as public health implications of sleep disorders. The individual chapters cover all main mental and neurological diseases where a change in sleep is evident, and recent concepts in pathogenesis, presentation, evaluation, and treatment. Neuropsychotropic drugs must be seen as a double-edged sword when it comes to sleep and sleep disorders. Overall, this book is an excellent resource for learning about neuropsychiatric diseases and how they affect sleep while simultaneously being impacted by sleep.

**Sleep Disorders** Nancy Foldvary-Schaefer, Madeleine Grigg-Damberger, Reena Mehra. 2019 Preceded by A case a week: sleep disorders from the Cleveland Clinic / [edited by] Nancy Foldvary-Schaefer, Jyoti Krishna, Kumar Budur. 2011.

Principles and Practice of Sleep Medicine E-Book Meir H. Kryger, Thomas Roth, William C. Dement. 2010-11-01 Principles and Practice of Sleep Medicine, 5th Edition, by Meir H. Kryger, MD, FRCPC, Thomas Roth, PhD, and William C. Dement, MD, PhD, delivers the comprehensive, dependable guidance you need to effectively diagnose and manage even the most challenging sleep disorders. Updates to genetics and circadian rhythms, occupational health, sleep in older people, memory and sleep, physical examination of the patient, comorbid insomnias, and much more keep you current on the newest areas of the field. A

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greater emphasis on evidence-based approaches helps you make the most well-informed clinical decisions. And, a new more user-friendly, full-color format, both in print and online, lets you find the answers you need more quickly and easily. Whether you are preparing for the new sleep medicine fellowship examination, or simply want to offer your patients today's best care, this is the one resource to use! Make optimal use of the newest scientific discoveries and clinical approaches that are advancing the diagnosis and management of sleep disorders.

### **100 Questions & Answers About Sleep and Sleep Disorders**

Sudhansu Chokroverty.2007-08 Whether you're a newly diagnosed patient with a sleep disorder, or are a friend or relative of someone suffering from a sleep disorder, this book offers help. This book gives you authoritative, practical answers to your questions. Written by an expert on the subject, with insider commentary from actual patients, this book is an invaluable resource for anyone struggling with the medical, psychological, or emotional turmoil of this condition.

### **Biopsychosocial Assessment in Clinical Health Psychology**

Frank Andrasik,Jeffrey L. Goodie,Alan L. Peterson.2015-01-05 Filling a key need, this practical volume provides state-of-the-art approaches and tools for evaluating both health-related behaviors and psychosocial aspects of medical illness. The book begins by presenting a comprehensive biopsychosocial assessment framework. Evidence-based strategies are described for assessing such key lifestyle factors as tobacco use, alcohol and other drugs, physical activity, and social support. Behavioral, cognitive, and emotional issues associated with a range of specific medical conditions--including cancer, cardiovascular disease, diabetes, chronic pain, and others--are addressed. Chapters on assessment of specific populations cover pediatric patients, older adults, ethnic/racial minority groups, organ transplant and bariatric surgery patients, and primary care.

### **Cognitive Behavior Therapy for Insomnia in Those with**

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**Depression** Colleen E. Carney, Donn Posner. 2015-10-16  
Cognitive Behavior Therapy for Insomnia in Those with Depression is the book for clinicians who recognize that insomnia is more often a comorbid condition that merits separate treatment attention. These clinicians know that two thirds of those who present for depression treatment also complain of significant insomnia and that one third of such patients are already taking sleep medication, and they may be familiar with the research showing that treating insomnia is often important in the management of depression. But what strategies should clinicians use for treating insomnia? How can motivation be enhanced? What about medications? Students and professionals alike will find the pages of Cognitive Behavior Therapy for Insomnia in Those with Depression replete with advanced tools to address the adherence problems often encountered in this group, and they'll come away from the book with a wealth of techniques for improving both sleep and overall symptom management as well as for treating the insomnia that occurs in comorbid disorders.

*Handbook of Assessment and Treatment Planning for Psychological Disorders, 2/e* Martin M. Antony, David H. Barlow. 2011-02-25 This book has been replaced by *Handbook of Assessment and Treatment Planning for Psychological Disorders, Third Edition*, ISBN 978-1-4625-4488-2.

A Case a Week: Sleep Disorders from the Cleveland Clinic Nancy Foldvary-Schaefer, Jyoti Krishna, Kumaraswamy Budur. 2010-10-28 This book uses a novel approach to clinical sleep medicine by examining real patient stories, workups and outcomes to illustrate common and not-so-common sleep-wake disorders. These case studies are complemented by high quality figures, photography and video clips.

Sleep Architecture as a Correlate and Predictor of Mood Symptoms and Impairment in Inter-episode Bipolar Disorder  
Polina Eidelman. 2008

*Clinical Handbook of Psychological Disorders, Fifth Edition* David H. Barlow. 2014-02-27 This clinical reference and widely adopted text is recognized as the premier guide to understanding and treating frequently encountered psychological disorders in adults. Showcasing evidence-based psychotherapy models, the volume addresses the most pressing question asked by students and practitioners--How do I do it? Leading authorities present state-of-the-art information on each clinical problem, explain the conceptual and empirical bases of their respective approaches, and show what the techniques look like in action. Extended case examples with session transcripts illustrate each component of treatment. New to This Edition \*Incorporates treatment innovations, the latest empirical findings, and changes to diagnostic criteria in DSM-5. \*Chapter on acceptance-based treatment of generalized anxiety disorder. \*Chapter on comorbid depression and substance abuse, demonstrating a transdiagnostic approach. \*Chapter on sleep disorders. See also *Handbook of Assessment and Treatment Planning for Psychological Disorders, Third Edition*, edited by Martin M. Antony and David H. Barlow, and *Clinical Handbook of Psychological Disorders in Children and Adolescents*, edited by Christopher A. Flessner and John C. Piacentini.

**Kryger's Principles and Practice of Sleep Medicine - E-Book**

Meir H. Kryger, Thomas Roth, Cathy A Goldstein. 2021-12-16 Offering today's most authoritative, comprehensive coverage of sleep disorders, *Kryger's Principles and Practice of Sleep Medicine, 7th Edition*, is a must-have resource for sleep medicine specialists, fellows, trainees, and technicians, as well as pulmonologists, neurologists, and other clinicians who see patients with sleep-related issues. It provides a solid understanding of underlying basic science as well as complete coverage of emerging advances in management and treatment for a widely diverse patient population. Evidence-based content, hundreds of full-color illustrations, and a wealth of additional

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resources online help you make well-informed clinical decisions and offer your patients the best possible care. Contains new chapters on sleep in intersex and transgender individuals; sleep telemedicine and remote PAP adherence monitoring; and sleep and the menstrual cycle, as well as increased coverage of treatment and management of pediatric patients. Includes expanded sections on pharmacology, sleep in individuals with other medical disorders, and methodology. Discusses updated treatments for sleep apnea and advancements in CPAP therapy. Offers access to 95 video clips online, including expert interviews and sleep study footage of various sleep disorders. Meets the needs of practicing clinicians as well as those preparing for the sleep medicine fellowship examination or recertification exams, with more than 950 self-assessment questions, answers, and rationales online. Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

**Acute and Emergent Events in Sleep Disorders** Sudhansu Chokroverty, Pradeep Sahota. 2011-01-27 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.

*Focus on Sleep Medicine* Teofilo L. Lee-Chiong, Teófilo L. Lee-Chiong, Jr., W. David Brown, Ph.d., John Harrington. 2009-07-01 This question-and-answer formatted book provides a complete yet focused review of sleep medicine. It is geared to neurologists who wish to assess their knowledge of sleep medicine and will also be of interest to pulmonologists, psychiatrists, otolaryngologists, and respiratory and sleep technologists. The distribution of questions mimics the sleep medicine boards. The book focuses on sleep evaluation and provides strong coverage of sleep physiology. Detailed explanations and educational objectives accompany every answer. The book also includes illustrations from Lippincott Williams & Wilkins' neuroanatomy textbooks. A companion Website will present the questions and answers in the book in electronic format.

**Clinical Sleep Disorders** Paul R. Carney, Richard B. Berry, James D. Geyer. 2012-01-19 This clinically focused, practical reference is a complete guide to diagnosing and treating sleep disorders. It is written by and for the wide variety of clinicians who encounter sleep disorders, including neurologists, pediatric neurologists, pulmonologists, pediatric pulmonologists, neuropsychologists, psychiatrists, and sleep laboratory technicians. Chapters follow a

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standardized template and include bulleted lists, tables, and clinical pearls. New chapters in this edition cover dreams, interpretation of the polysomnography report, pediatric surgical management of obstructive sleep apnea, and sleep scoring for both adults and pediatric patients. Also included is an overview chapter on comprehensive sleep medicine. Other highlights include updates on narcolepsy, parasomnias, and insomnia.

Global Excellence in Public Mental Health: Asia and Australasia

Liye Zou, Jing Sun, Liping Li. 2022-11-25

**Fundamentals of Sleep Technology Workbook** Rita

Brooks, Cynthia Mattice, Teofilo Lee-Chiong. 2014-11-11

Fundamentals of Sleep Technology Workbook will be a companion title to Fundamentals of Sleep Technology, 2e, and will serve to reinforce and facilitate the reader's comprehension of material learned in the main text. The workbook, like the main text, will be an official text of the American Association of Sleep Technologists. The primary audiences for this text are sleep technologists and those currently enrolled in sleep technology programs.

*The Effect of Mood on Sleep Onset Latency in Bipolar Disorder During the Inter-episode Period* Lisa Susan Talbot. 2008

**Handbook of Psychology, Health Psychology** Irving B.

Weiner, Arthur M. Nezu, Christine M. Nezu, Pamela A.

Geller. 2012-10-16 Psychology is of interest to academics from many fields, as well as to the thousands of academic and clinical psychologists and general public who can't help but be interested in learning more about why humans think and behave as they do. This award-winning twelve-volume reference covers every aspect of the ever-fascinating discipline of psychology and represents the most current knowledge in the field. This ten-year revision now covers discoveries based in neuroscience, clinical psychology's new interest in evidence-based practice and mindfulness, and new findings in social, developmental, and forensic psychology.

**A Guide to Assessments That Work** John Hunsley, Eric J.

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Mash.2018-04-06 The first edition of *A Guide To Assessments That Work* provided a much needed resource on evidence-based psychological assessment. Since the publication of the first edition, a number of advances have been made in the assessment field and a revised diagnostic system for mental disorders has been introduced. These changes are reflected in the second edition and new chapters have been included to cover the use of evidence-based assessment instruments and procedures in clinical practice and the use of evidence-based principles to integrate and interpret assessment data. This volume addresses the assessment of the most commonly encountered disorders or conditions among children, adolescents, adults, older adults, and couples. Strategies and instruments for assessing mood disorders, anxiety and related disorders, couple distress and sexual problems, health-related problems, and many other conditions are reviewed by leading experts. With a focus throughout on assessment instruments that are feasible, psychometrically sound, and useful for typical clinical requirements, this edition features the use of a rating system designed to provide evaluations of a measure's norms, reliability, validity, and clinical utility. Standardized tables summarize this information in each chapter, providing essential information on the most scientifically sound tools available for a range of assessment needs. With its focus on clinically relevant instruments and assessment tasks, this volume provides readers with the essential information for conducting the best evidence-based mental health assessments currently possible.

**Sleep Medicine in Neurology** Douglas Kirsch.2013-10-10 A new addition to the *Neurology in Practice* series, *Sleep Medicine in Neurology* is a practical guide for neurologists diagnosing and managing sleep disorders in their patients. As a part of the series, various feature boxes are highlighted throughout. Tips and Tricks give suggestions on how to improve outcomes through practical technique or patient questioning. In addition, Caution warning

boxes supply helpful advice on how to avoid problems and 'Science Revisited' boxes offer quick reminders of the basic science principles necessary for understanding the presented concepts.

**Insomnia** Michael J. Sateia, Daniel Buysse. 2016-04-19 The first source on insomnia treatment since the advancement of newer drug options and cognitive behavioral therapies, *Insomnia: Diagnosis and Treatment* presents a comprehensive reference on the complications, evaluation, and treatment of insomnia. Ideal for sleep medicine specialists, psychiatrists, and neurologists, this text uses a multi-discipl

**Adapting Cognitive Behavioral Therapy for Insomnia** Sara Nowakowski, Sheila Garland, Michael A. Grandner, Leisha Cuddihy. 2021-11-11 Cognitive behavioral therapy for insomnia (CBT-I) has emerged as the standard first-line treatment for insomnia. The number of patients receiving non-medication treatments is increasing, and there is a growing need to address a wide range of patient backgrounds, characteristics, and medical and psychiatric comorbidities. *Adapting Cognitive Behavioral Therapy for Insomnia* identifies for clinicians how best to deliver and/or modify CBT-I based on the needs of their patients. The book recommends treatment modifications based on patient age, comorbid conditions, and for various special populations.

Summarizes research on cognitive behavior therapy for insomnia (CBT-I) Directs clinicians how to modify CBT-I for comorbid patient conditions Discusses comorbid sleep, psychiatric, and medical disorders Specifies modifications across the lifespan for different client ages and conditions Includes special populations: short sleepers and more

*The Oxford Handbook of Depression and Comorbidity* C. Steven Richards, Michael W. O'Hara. 2014 Depression is frequently associated with other psychiatric disorders and is often related to chronic health problems. Depressive symptoms are also common in chronically distressed close relationships and severe



interpersonal difficulties in families and at work. The topic of depressive comorbidity is clearly very important, and while recent research in this area has been methodologically sophisticated, well presented, and inherently interesting, there has not been a comprehensive, academic resource that covers recent developments in this area. The Oxford Handbook of Depression and Comorbidity brings together scholarly contributions from world-class researchers to present a careful and empirically based review of depressive comorbidity. Cutting-edge chapters address theory, research, and practice, while capturing the diversity, evidence-base, and importance of depressive comorbidity. Specific topics include the comorbidity between depression and PTSD, alcohol use, and eating, anxiety, panic, bipolar, personality, and sleep disorders, as well as schizophrenia, suicide, cardiovascular disease, cancer, pain, obesity, intimate relationships, and many more. The Oxford Handbook of Depression and Comorbidity is a unique and much-needed resource that will be helpful to a broad range of researchers and practitioners including clinical and counseling psychologists, psychiatrists, marital and family therapists, social workers, and counselors working in mental-health and general health-care settings, as well as students in these areas.

**Sleep Medicine** Teofilo Lee-Chiong.2008-04-24 Sleep Medicine: Essentials and Review can be used both as a text for managing sleep disorders and as a review for preparing for the Sleep Medicine Certification Examination and the Board of Registered Polysomnographic Technologists Examination. Dr. Teofilo Lee-Chiong also includes over 600 board-type multiple choice questions with answers and explanations. This book will be valuable to sleep specialists, pulmonologists, neurologists, psychiatrists, internists, family practice physicians, otolaryngologists, respiratory therapists, nurses, sleep technologists, and other health providers interested in learning more about sleep neurophysiology and sleep disorders. --Book

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Jacket

**Sleep Medicine in Clinical Practice, Second Edition** Michael H. Silber, Lois E. Krahn, Timothy I. Morgenthaler. 2016-04-19 Co-authored by a neurologist, a psychiatrist, and a pulmonologist, *Sleep Medicine in Clinical Practice* reflects the cross-disciplinary nature in the clinical management of sleep disorders. The authors present an overview of sleep medicine including the physiological basis of sleep, diagnostic tools and possible therapeutic strategies, emphasizing throughout the role of the clinician in diagnosing and managing disease. A practical reference for the busy physician, *Sleep Medicine in Clinical Practice* includes chapters on the assessment and diagnosis of sleep disorders, conditions such as narcolepsy and sleep apnea, the management of insomnia and a selection on co-existent neurologic conditions such as epilepsy and dementia. It will be of interest to sleep medicine specialists and trainees as well as neurologists, pulmonologists, psychiatrists and internists.

**Handbook of Cancer Survivorship** Michael Feuerstein, Larissa Nekhlyudov. 2018-10-31 This timely revision of the authoritative handbook gives a wide range of providers practical insights and strategies for treating cancer survivors' long-term physical and mental health issues. Details of new and emerging trends in research and practice enhance readers' awareness of cancer survivor problems so they may better detect, monitor, intervene in, and if possible prevent disturbing conditions and potentially harmful outcomes. Of particular emphasis in this model of care are recognizing each patient's uniqueness within the survivor population and being a co-pilot as survivors navigate their self-management. New or updated chapters cover major challenges to survivors' quality of life and options for service delivery across key life domains, including: Adaptation and coping post-treatment. Problems of aging in survivorship, disparities and financial hardship. Well-being concerns including physical activity, weight loss, nutrition, and smoking cessation. Core

functional areas such as work, sleep, relationships, and cognition. Large-scale symptoms including pain, distress, and fatigue. Models of care including primary care and comprehensive cancer center. International perspectives PLUS, insights about lessons learned and challenges ahead. With survivorship and its care becoming an ever more important part of the clinical landscape, the Second Edition of the Handbook of Cancer Survivorship is an essential reference for oncologists, rehabilitation professionals, public health, health promotion and disease prevention specialists, and epidemiologists.

**Effect of Sleep Deprivation on Vocal Expression of Emotion in Adolescents and Adults** Eleanor Louise McGlinchey.2009

**Sleep and Psychosomatic Medicine** S.R. Pandi-Perumal, Meera Narasimhan, Milton Kramer.2017-12-19 Sleep and Psychosomatic Medicine presents an overview of sleep medicine and the management of common sleep disorders seen in a wide variety of practice settings. Chapters have been written by experts in the field in order to provide physicians of a wide range of interests and abilities with a highly readable exposition of the principal results, including numerous well articulated examples and a rich discussion of applications. The second edition has been revised to further broaden the scope with the inclusion of several new chapters such as Sleep and Dermatology, Fatigue in Chronic Medical Conditions, Occupational Sleep Medicine, Restless Legs Syndrome and Neuropsychiatric Disorders and Sleep Dysfunction after Traumatic Brain Injury, to name a few. This second edition of Sleep and Psychosomatic Medicine is an interdisciplinary, scholarly, authoritative, evidence-based review of the field designed to meet the needs of a wide range of health care professionals, including psychiatrists, psychologists, nurses, medical students, and social workers in health care settings.

**Sleep and Breathing Disorders E-Book** Meir H.

Kryger.2016-07-01 Written specifically for non-sleep medicine specialists, this one-of-a-kind reference guides you through every

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aspect of this complex field with authoritative advice from Dr. Meir Kryger and other experts. Vibrantly illustrated in full color, it thoroughly covers the types of patients you're most likely to see in the outpatient setting and brings you up to date with the latest treatment methods, both surgical and non-surgical. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Complete coverage of the patients you're most likely to encounter, including special populations such as those with COPD, obesity hypoventilation, pregnancy, neuromuscular disorders, stroke, and more. Specific information on topics of interest to a wide variety of physicians: heart failure and sleep disordered breathing; surgical treatments, including hypoglossal nerve stimulation; oral appliances and the treatment of sleep apnea; home sleep testing; and different types of PAP devices. Ideal for pulmonologists, otolaryngologists, cardiologists, primary care physicians, dentists, and other healthcare providers who encounter patients with sleep and breathing disorders. Full-color illustrations throughout, including a profusely illustrated chapter on physical diagnosis.

Clinical Handbook of Psychological Disorders David H.

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### **Table of Contents Duke Structured Interview Sleep**

1. Understanding the eBook Duke Structured Interview Sleep
  - The Rise of Digital Reading Duke Structured Interview Sleep
  - Advantages of eBooks Over Traditional Books
2. Identifying Duke Structured Interview Sleep
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals

- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Duke Structured Interview Sleep
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Duke Structured Interview Sleep
  - Personalized Recommendations
  - Duke Structured Interview Sleep User Reviews and Ratings
  - Duke Structured Interview Sleep and Bestseller Lists
- 5. Accessing Duke Structured Interview Sleep Free and Paid eBooks
  - Duke Structured Interview Sleep Public Domain eBooks
  - Duke Structured Interview Sleep eBook Subscription

- Services
  - Duke Structured Interview Sleep Budget-Friendly Options
- 6. Navigating Duke Structured Interview Sleep eBook Formats
  - ePub, PDF, MOBI, and More
  - Duke Structured Interview Sleep Compatibility with Devices
  - Duke Structured Interview Sleep Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Duke Structured Interview Sleep
  - Highlighting and Note-Taking Duke Structured Interview Sleep
  - Interactive Elements Duke Structured Interview Sleep
- 8. Staying Engaged with Duke Structured

- 
- Interview Sleep
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers
  - 9. Balancing eBooks and Physical Books
    - Duke Structured Interview Sleep
      - Benefits of a Digital Library
      - Creating a Diverse Reading Collection
  - 10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  - 11. Cultivating a Reading Routine
    - Duke Structured Interview Sleep
      - Setting Reading Goals

- Interview Sleep
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Duke Structured Interview Sleep
  - Fact-Checking eBook Content of Duke Structured Interview Sleep
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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