

Sleep Problem.htm

Infinite Ideas

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.

How to Cope with Sleep Problems Celia Warin, MIND (Mental health association) Staff, 2014

Sleep Soundly Every Night, Feel Fantastic Every Day Robert Steven Rosenberg, 2014-06-12 If you or someone you love has problems sleeping, Rosenberg will help you identify the issue. Once identified, he provides targeted solutions so you can start awakening refreshed and renewed.

Putting Sleep Problems to Bed Lisa Medalie, David Gozal, 2019-09-04 Parents will love and enjoy this informative guide to fixing sleep problems in children. It provides up-to-date, evidence-based behavioral treatment strategies, and is authored by highly recognized and established experts in the field of pediatric sleep medicine. It uses entertaining stories to show how sleep problems not only impact the child, but also affect the parents. Quizzes are included in each chapter so that the reader can see if the problem detailed in that chapter resembles the challenges their child is experiencing. It also reviews the diagnosis and treatment of each problem described, and how the characters in the story responded to such strategies. The book includes chapters on special populations and medically-based sleep problems that are also relevant to some readers, and the appendix provides user-friendly charts for the reader to use in support of implementation of the strategies outlined.

Melatonin for treatment of sleep disorders, 2004

Sleep Soundly Every Night, Feel Fantastic Every Day: A Doctor's Guide to Solving Your Sleep Problems FCCP. Robert Rosenberg DO, 2014-01-01 For those who have trouble falling asleep, awake exhausted, or are awakened throughout the night by a restless or snoring partner, help is here. Do you take a long time to get up and get going in the morning? Do you wake up feeling like you barely slept at all? Do you wake up in the early morning hours and find it difficult to go back to sleep? Do you have uncomfortable feeling in your extremities that keep you from falling or staying asleep? Do recurrent nightmares disturb your sleep? If you or someone you love has trouble sleeping, Dr. Robert S. Rosenberg will help you identify the problem and provide targeted solutions so you can start awakening refreshed and renewed immediately. Based on the most recent research and including real patient stories from Dr. Rosenberg's practice, his new book discusses the most common causes and symptoms of each disorder, answers the most frequently asked questions about each and provides the latest solutions to help you finally get a good night's sleep. A sleep specialist and researcher, Rosenberg also shares the latest research on the connections between sleep disorders and PTSD and ADHD. And his ten-point plan for getting your best sleep will help you improve the quality of your sleep and your health and mood right away. Dr. Rosenberg will help you: Prevent and manage sleep disorders, including insomnia, restless leg syndrome, snoring, sleepwalking, and sleep eating, among others Improve your sleep habits Find relief from your symptoms Ask your doctor the right questions Enhance the quality of sleep Manage stress and anxiety Find the right doctor to diagnose and treat your sleep disorder

Solve Your Child's Sleep Problems Richard Ferber, 1985 In the first major revision of his bestselling, groundbreaking classic since it was published twenty years ago, Dr. Richard Ferber, the nation's foremost authority on children's sleep problems, delivers safe, sound ideas for helping your child fall and stay asleep at night and perform well during the day.

Sound Sleep, Sound Mind Barry Krakow, 2012-07-27 Sound Sleep, Sound Mind is the first book of its kind to focus on all the causes—mental, emotional, and physical—that contribute to insomnia and poor sleep. Based on cutting-edge knowledge and research, this book explains why sleep problems are almost always a mind and body issue. It then guides you through the seven steps of Sleep Dynamic Therapy to identify and treat the specific problems that are at the root of your sleeplessness. You'll discover that the Sleep Dynamic Therapy program not only improves your sleep quality, but also enhances many other aspects of your mental and physical well-being. Whether you currently take over-the-counter or prescription sleeping pills, suffer from chronic or occasional insomnia, or awaken without feeling refreshed and energized, Sound Sleep, Sound Mind will help you get the sleep you deserve.

Your guide to healthy sleep, 2005

The Insomnia Answer Paul Glovinsky, Art Spielman, 2006-12-05 The 50 million Americans who suffer from insomnia need - and want - this answer now. There is no one size fits all solution to insomnia because, as this revolutionary book illustrates, there are three types that affect those who suffer from it: difficulty falling asleep, difficulty staying asleep, and broken sleep. And each of them requires a specialized treatment program. Now, leading experts in the evaluation and treatment of insomnia deliver personalized programs that provide relief for solve such persistent sleep problems as: Sunday night insomnia Anxiety caused by the dread of bedtime Waking before the alarm Awakening with a sudden start or jolt Scattered sleep patterns Based on cutting-edge knowledge of circadian rhythms developed in research labs for decades, this is the first sleep program that helps readers to self-diagnose and treat their particular type of insomnia.

The Sleep Solution W. Chris Winter, 2017

Sleep Your Questions Answered Renata Riha, 2007-03-19 Sleep: Your Questions Answered is an accessible, practical question-and-answer guide to living with and overcoming sleep problems. This important reference includes information on the causes and types of the disease, different kinds of treatments, and how to best improve the quality of life. Sleep: Your Questions Answered contains up-to-date research on the latest treatments and complementary therapies, and includes features on diet and exercise

Sleep Problems in Children and Adolescents Gregory Stores, 2023 Written in clear language for the lay reader, this book covers a wide range of sleep problems in children and adolescents, giving practical advice about the recognition of causes, prevention and treatment. It emphasises the importance of children sleeping well for their development and the welfare of the family as a whole.

Sleep Disorders J. Steven Poceta, Merrill M. Mitler, 2014-01-15

The Harvard Medical School Guide to a Good Night's Sleep Lawrence Epstein, Steven Mardon, 2007-04-10 Put your sleep problems to rest with this proven six-step plan How many times have you heard it's important to get a good night's sleep? It sounds simple, but it isn't always easy. Now one of the nation's leading sleep experts gives you a step-by-step program for overcoming sleep problems from insomnia and snoring to restless legs syndrome and sleep apnea. Dr. Lawrence Epstein of Harvard Medical School reveals his proven six-step plan to maximize your nights and energize your days. He explains the health benefits of sleep and identifies signs of sleep problems as he gives in-depth advice on how to: Turn your bedroom into the optimal sleep environment Finally overcome insomnia Silence buzz-saw snoring Relax restless legs Deal with daytime exhaustion Determine if sleep medication is right for you Improve your sleep by improving your child's sleep

Can't Sleep, Can't Stay Awake Meir H. Kryger, 2007-03 Juggling family, work, and social lives can cause insomnia in women. Add to that the effects of pregnancy or menopause, a partner who snores, or a condition such as arthritis or depression, and you have a potent recipe for sleep disorders that affect women. This book provides answers to women's sleep problems.

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.

Solve Your Child's Sleep Problems: Revised Edition Richard Ferber,2006-05-23 Does your child Have difficulty falling asleep? Wake in the middle of the night? Suffer sleep terrors, sleepwalking, or nighttime fears? Have difficulty waking for school or staying awake in class? Snore, wet the bed, or head bang? In the first major revision of his bestselling, groundbreaking classic since it was published twenty years ago, Dr. Richard Ferber, the nation's foremost authority on children's sleep problems, delivers safe, sound ideas for helping your child fall and stay asleep at night and perform well during the day. Incorporating new research, Dr. Ferber provides important basic information that all parents should know regarding the nature of sleep and the development of normal sleep and body rhythms throughout childhood. He discusses the causes of most sleep problems from birth to adolescence and recommends an array of proven solutions for each so that parents can choose the strategy that works best for them. Topics covered in detail include: Bedtime difficulties and nighttime wakings Effective strategies for naps Sleep schedule abnormalities A balanced look at co-sleeping New insights into the nature of sleep terrors and sleepwalking Problems in setting limits Sleep apnea, narcolepsy, bed-wetting, and head banging Solve Your Child's Sleep Problems offers priceless advice and concrete help for a whole new generation of anxious, frustrated, and overtired parents.

The Sleep Solution Manvir Bhatia,2016-11-17 Why do we sleep? What causes insomnia? How many hours of sleep are adequate? Sleep is a complex phenomenon, and even though we spend one-third of our lives sleeping, there's still very little that we know about it. In this path-breaking book on sleep, Dr Manvir Bhatia, one of the country's top sleep specialists, sheds light on the fascinating connection between sleep and the brain, sleep and beauty, and sleep and weight, among other things. From delving into common sleep problems and weird phenomena observed in sleep like sexsomnia, narcolepsy (falling asleep at random times) and sleep apnea (pauses in breathing during sleep) to the specific tools needed to ensure good sleep, The Sleep Solution is the go-to book for all your sleep-related problems. 'Don't go to bed without reading this'—Suhel Seth 'Grab this book, absorb it and then sleep deep'—Dilip Cherian

How to sleep well Infinite Ideas,2011-12-14 Millions of us want to enjoy better sleep, and more of it, and there's plenty of advice out there to help us; a never-ending avalanche of books, magazines, websites and TV programmes. But who's got the time to wade through this lot to sift the stuff that works from the rubbish? What we need are failsafe short cuts to sweet dreams and nocturnal bliss. How to sleep well is the indispensable guide to identifying and dealing with sleep problems so readers can get the sleep they deserve. Packed with down-to-earth, simple and effective advice, How to sleep well will help you take control of your sleep patterns and problems and make sure you get all the high-quality shut-eye you need.

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