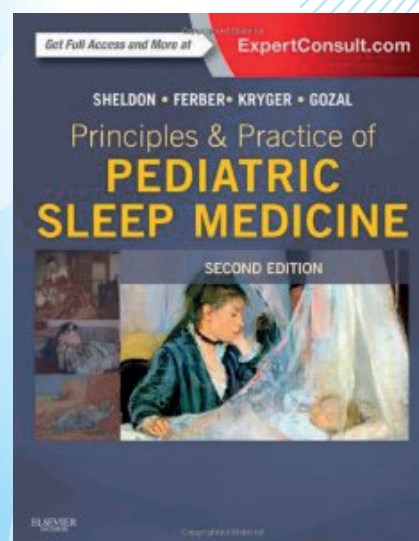


PRINCIPLES AND PRACTICE OF PEDIATRIC SLEEP MEDICINE

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Stephen H. Sheldon is DO, FAAP, Professor, Pediatrics, Northwestern University Feinberg School of Medicine; Director, Sleep Medicine Center, Ann and Robert H. Lurie Children's Hospital of Chicago, Chicago, Illinois. His research and practice explore sleep disorders in children, while his advocacy efforts encourage a new model for this field—one that establishes this discipline by medical school training, specific residencies, increased fellowships, devoted associations, clinical certifications, and awareness campaigns.

Richard Ferber, MD, Professor of Medicine, Yale School of Medicine, Pulmonary, Critical Care and Sleep Medicine, New Haven, Connecticut. He has been researching sleep and sleep disorders in children for over 20 years. He is best known for his methods - popularly called *Ferberization* - which purport to teach young infants to learn how to fall asleep on their own.

Meir H. Kryger, MD, Associate Professor of Neurology, Harvard Medical School Director, Center for Pediatric Sleep Disorders Children's Hospital Boston. His research has spanned all areas of sleep breathing disorders. He has published more than 200 research articles and book chapters. He established the first laboratory to study patients with sleep breathing problems in Canada, and was the first to diagnose and report obstructive sleep apnea in North America.

David Gozal, MD, Professor and Chairman, Department of Pediatrics, Comer Children's Hospital, The University of Chicago, is a leading expert in the treatment of pediatric sleep disorders, the developmental neurobiology of respiratory control, and sleep-disordered breathing. He is known as a pioneer in the study of childhood sleep problems, and the relationships between sleep disorders and neurobehavioral, cardiovascular, and metabolic disease.

In a recent interview, Dr. Sheldon said: "When it comes to children, sleep is as important as food. Sleep is not a passive process but an active one, and we all do better when we sleep well. If you just look at growth and development, we know that sleep is a neurodevelopmental process, similar to walking and talking. And just like children can't walk or talk like adults, they can't sleep like adults." (<http://www.sleepreviewmag.com/2013>)

Knowing this, an expanded understanding of the pathophysiology, epidemiology, clinical evaluation methods and treatment options of common pediatric sleep disorders, is the key to a rational approach to the diagnosis and management of these children in clinical settings. The book helps to separate practice of pediatric sleep medicine from the sphere of adult medicine and represent additional meaningful steps in the development of pediatric sleep medicine as a distinct discipline.

The book is structured in 2 parts – one part which contains information about principles and basic science of pediatric sleep medicine, and another part describing practical and clinical science in sleep-related disturbances that are most prevalent in the pediatric population. The 49 chapters of this book compile the expertise of the leading pediatric sleep researchers and clinicians in the field of sleep medicine.

This edition contains new and expanded chapters regarding sleep related breathing disorders, parasomnias, differential diagnosis of pediatric sleep disorders, hypersomnia, school start times and their implications, and the evaluation and management of circadian rhythm disturbances. It also includes extensive information about obstructive sleep apnea, diagnosis and treatment, evaluation and management of sleepy children, evaluation and management of circadian rhythm abnormalities, and pharmacology.

This book is the most comprehensive source for diagnosing and managing sleep disorders in children. Newly updated, this medical reference book is internationally recognized as the definitive resource for any health practitioner who treats children, providing absolute guidance on virtually all of the sleep-associated problems encountered in pediatric patients.

- Cristina Gianina Anghel, MD, University of Medicine and Pharmacy "Carol Davila", „Prof. Dr. Al. Obregia”, Hospital of Psychiatry, Bucharest, Romania