This clinically focused, practical reference is a complete guide to diagnosing and treating sleep disorders.

The text 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 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.