



# **The Encyclopedia of Sleep and Sleep Disorders (Facts on File Library of Health and Living)**

*Charles P. Pollak, Michael J. Thorpy, Jan Yager*

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According to the National Center on Sleep Disorders Research of the National Institutes of Health, 70 million American adults suffer from some kind of sleep disorder. Disorders such as sleep apnea have been linked to an increased likelihood of stroke, hypertension, or heart failure. It is now documented that sleep deprivation can facilitate mistakes or incidents at work; mood swings; an increased chance of obesity; and, drowsy driving, a serious condition often associated with traffic accidents and fatalities. In recent years the number of sleep disorder practitioners has grown substantially, and researchers have made breakthroughs in understanding sleep, why it's crucial to general health, and what disrupts it. "The Encyclopedia of Sleep and Sleep Disorders, Third Edition" examines the key terms, conditions, remedies, long-term health consequences, and advances that have been made in sleep health, sleep research, and sleep disorder diagnosis and treatment. This timely revised edition covers more than 80 sleep disorders in more than 800 entries and includes three informative essays - "History of Sleep and Man", "Psychology of Sleep", and "Sociology of Sleep", the latter of which is new to this edition. An all-new introduction, helpful appendixes, a bibliography, and an index complete this extensive encyclopedia. Topics covered in this title include: Accidents; Biological clock; Diet and sleep; Elderly and sleep; Infant sleep; Melatonin; Narcolepsy; Obstructive sleep apnea syndrome; Restless leg syndrome; Surgery and sleep disorders; and, more.



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