

## Book Review

---

**Handbook of Sleep Disorders**, 2nd Edition, edited by Clete A. Kushida, (*Neurological Disease in Therapy series*), (Stanford University Medical Center, Stanford, CA, USA), 2008, ISBN: 9780849373190, 0849373190, 650 pp., US\$349.95.

The 2nd edition of the “*Handbook of Sleep Disorders*”, part of the Neurological Disease in Therapy series, was recently published by Informa Healthcare. The first edition was published in 1990 which makes the 2nd edition a long time in coming. The book is divided into 7 key chapters dealing with major topics in sleep medicine including insomnia, circadian rhythm and sleep disorders, narcolepsy and other hypersomnias, sleep related breathing disorders, parasomnias, sleep related movement disorders, and key issues in the management of sleep problems associated with other disorders, more or less in a parallel fashion which is refreshing in a multi-authored textbook. There is some inconsistency in the bibliography formatting in the text (i.e. chapter 45) which was clearly an oversight on someone’s part . . . the majority are listed based on order of reference in chapter, whereas chapter 45 is listed alphabetically by last name of first author.

I found the balance between traditional medical approaches to treatment and behavioral as well as alternative techniques refreshing, particularly given the propensity of many clinicians to not adequately consider the latter alternatives.

The chapter on behavioral treatments for insomnia by Edinger and Carney in Part 1, and in particular the section of CBT was excellent, as was the chapter by Payne, Soeffing and Lichstein on adjunctive and alternative treatments, although I was surprised to see no discussion of cranial electrical stimulation for insomnia. Another important aspect of the book is the inclusion in most of the chapters of a “special considerations” chapter. I found these quite insightful, as many of the topics are not generally discussed in other sleep medicine texts. For example, in the insomnia section of the text, topics included gender effects of treatment, age effects of treatment, unhelpful beliefs regarding insomnia and driving risks/medicolegal aspects.

The chapter on hypersomnias is particularly strong; the only exclusion I noted was a lack of discussion of

newer metabolites of modafinil, such as armodafinil. The section on sleep related breathing disorders was another particularly good chapter and I felt that the chapters on surgical treatment, as well as oral appliances were nicely done; although many clinicians rely on excessively on positive airway pressure, the chapters nicely reviewed some of the other treatment alternatives for this class of breathing disorders. The sections on parasomnias and sleep related movement disorders were also quite comprehensive with some variability in referencing foundation.

Probably, the weakest section in the book was the section on management of sleep problems associated with other disorders. This section was divided into medical disorders, neurological disorders and psychiatric disorders. Each chapter was relatively brief, particularly the neurological and psychiatric disorder chapters. Clearly, there is a much more substantive literature in these areas than represented by the information contained therein, for example, “head trauma” is allocated only four brief paragraphs and not a single reference is provided (yet, there is now a substantive literature in this area of traumatic brain injury neuromedical care).

On the whole, the *Handbook of Sleep Disorders* provides readers with a good, compact desk reference on sleep related disorders. It should serve as an accessible “go to” reference. The strongest point of the text is the overall organization and methodical approach to chapter structure. The pricing is, in this reviewer’s opinion, a bit on the high side given the product (size and number of pages). I would rate the text overall at a 7.5 out of 10.

Nathan Zasler, MD

CEO and Medical Director, Concussion Care Centre  
of Virginia, Ltd.

CEO and Medical Director, Tree of Life Services, Inc.