

Preface

Within the past two decades, enormous progress has been made in the field of sleep neuroscience and sleep medicine. Due to a widespread use of sleep diagnostic technologies, numerous sleep-related behaviors have been described and classified as sleep disorders. Epidemiological studies revealed a high prevalence of parasomnias in all stages of human life with a high rate of comorbidities among other medical, neurological, and psychiatric conditions.

This volume was inspired by the growing interest in various aspects of sleep medicine and the need for a practical guide to parasomnias which would address the clinical needs of patients ranging from early childhood to old age.

The goal of this textbook is to integrate the most updated research and clinical data pertaining to parasomnias. It provides a comprehensive review of neuropathophysiology, diagnosis and treatment for parasomnias, and other unusual physiological events arising during sleep. Special attention is devoted to differential diagnosis and therapeutic interventions currently available for parasomnias and their medico-legal liability.

This book is intended for a wide variety of clinicians and researchers who are interested in sleep medicine and the neurobiology of sleep. Sleep disorders cross multiple medical disciplines and this volume will be useful for primary care practitioners as well as for neurologists, psychiatrists, pulmonologists, psychologists, and many others who care for patients with sleep disturbances.

Each chapter of the book is written by experts in their field and provides up-to-date review of the topic. We would like to acknowledge all the contributors for their enthusiasm, outstanding efforts, and dedication to the field of sleep medicine that made this project possible. We offer special gratitude to the editorial department of Springer Press for their outstanding team effort in producing this textbook. We are especially thankful to Ms. Portia Levasseur, a Developmental Editor, and to Mr. Gregory Sutorius, a Senior Editor for Springer, for being instrumental in preparing this textbook and for navigating every step of its production.

We would like to thank our families whose support and encouragement were invaluable throughout the preparation process of this book. Finally, we extend our deep appreciation to our patients who continue to teach us and inspire our professional growth and development in the evolving field of sleep medicine.

Sanjeev V. Kothare and Anna Ivanenko

Parasomnias

Clinical Characteristics and Treatment

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