

Series Preface

As already emphasized in the first edition of Dr. Attarian's *Sleep Disorders in Women: A Guide to Practical Management*, which was published in 2005, women are subject to relatively unique sleep disorders some of which occur more frequently and with different clinical features than in men. This remains a very unique book and now, 5 years later, enough new information has accumulated to warrant an expanded second edition on the subject, this time edited by Dr. Hrayr P. Attarian together with his colleague Dr. Mari Viola-Saltzman. Sleep disorders that occur in women are usefully presented in this volume according to the age and stage of a woman's life, a particularly important concept given the endocrine swings which occur during women's lives.

The current volume adds more than ten new authors and includes several new and extensively rewritten chapters to those of the first edition. As expected, the rewritten chapters have been updated and contain many additional references, thereby speaking to the rapidly accumulating information in the field. Two new chapters deserve mention. One of these concerns insomnia during menopausal transition and the other is a guide for the nurse practitioner and physician's assistant. As stated by the editors, *Sleep Disorders in Women: A Guide to Practical Management*, 2nd edition, is designed to introduce primary care physicians and other health care providers to this important area of sleep disorders as they occur in women. Due largely to the efforts of the editors and authors who have contributed to these two volumes, sleep disorders in women are becoming better recognized and more effectively treated.

Boston, MA, USA

Daniel Tarsy, M.D.

Second Edition Preface

Gender bias has long been an issue in medical research, and this bias has translated to the care of patients. Fortunately, it is becoming less prevalent, but it still is a significant problem, especially in conditions traditionally thought of as “male illnesses.”

Sleep medicine, a relatively young field, has not been immune to gender bias. It has been a well-established fact that symptoms of obstructive sleep apnea (OSA) do not necessarily differ between genders, yet, until recently, it took twice as long for a woman with OSA to get correctly diagnosed than a man with the same condition. In certain circles, unfortunately, it had been a common practice to attribute any type of sleep symptom in women to a psychiatric illness or related to menopause, which would lead to a delay in diagnosis and treatment.

Thanks to pioneers in sleep research such as Dr. Terry Young and others, these trends are slowly changing. OSA was first described in middle-aged overweight men, and, because it was looked for only in that population group for a long time, no one looked for it in women or other population groups. Certain features associated with OSA unique to middle-aged men were automatically assumed to be applicable to other population groups. However, research in the past 10–20 years has produced a wealth of data regarding the prevalence and uniqueness of sleep disorders in women. The interplay of reproductive hormones, the endocrinological changes that women go through during various life stages, and both normal and disordered sleep is being explored in more depth. Despite all these advances in our understanding of sleep disorders in women, we are still just scratching the surface of this fascinating and multifaceted field.

Sleep Disorders in Women: A Guide to Practical Management, 2nd Edition, is divided into five parts. The first part is an overview discussing epidemiology, workup, and normal sleep changes. The next four sections are divided by reproductive stages (adolescence, premenopausal state, pregnancy, and menopause), with chapters in each section devoted to specific disorders such as insomnia, restless legs syndrome, OSA, and others.

In order to write a book that covers the multifaceted aspect of sleep medicine, one needs a multidisciplinary team of specialists. The authors of these chapters are well-respected and well-published researchers and clinicians in this field and come from a variety of backgrounds. *Sleep Disorders in Women: A Guide to Practical Management*, 2nd Edition, is intended to introduce primary care physicians and health care providers to the discipline of sleep disorders in women. It summarizes the latest, cutting-edge research and presents it in a succinct and clinically relevant manner. The goal of this book is to help physicians recognize the symptom patterns of sleep disorders in their female patients, guide them in diagnosing and treating these patients in a timely fashion, and help in the elimination of gender bias in sleep medicine research and care.

We hope that *Sleep Disorders in Women: A Guide to Practical Management*, 2nd Edition, will fill an important niche in the medical literature by being the first multidisciplinary, comprehensive review written for physicians on sleep disorders in women.

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Mari Viola-Saltzman, D.O.

First Edition Preface

Gender bias in medical research and care is a well-established fact. It has, fortunately, become less prevalent now than in the past, but still is a significant problem, especially in conditions traditionally thought of as male illnesses. Sleep medicine, a relatively young field, has not been immune to gender bias. It has been a well-established fact that symptoms of obstructive sleep apnea (OSA) do not necessarily differ between genders, yet until recently it took twice as long for a woman with OSA to get correctly diagnosed than a man with the same condition. In certain circles, unfortunately, it has been a common practice to attribute any type of sleep symptom in women to a psychiatric illness, which leads to delay in diagnosis and treatment. Thanks to pioneers in sleep research, such as Dr. Terry Young and others, these trends are slowly changing. OSA was first described in middle-aged overweight men and because it was only looked for in that population group for a long time, no one looked for it in women or other population groups. Certain features associated with OSA unique to middle-aged men were automatically assumed to be applicable to other population groups. Research in the past 10–15 years, however, has produced a wealth of data regarding the prevalence and uniqueness of sleep disorders in women. The interplay of reproductive hormones, the endocrinological changes that women go through during various life stages, and both normal and disordered sleep is being explored more in depth. Despite all these advances in our understanding of sleep disorders in women, we are still just scratching the surface of this fascinating and multifaceted field.

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In order to write a book that covers the multifaceted aspect of sleep medicine, one needs a multidisciplinary team of specialists. The authors of these chapters are well-respected and well-published researchers and clinicians in this field and come from a variety of backgrounds, making the book multidisciplinary.

Sleep Disorders in Women: A Guide to Practical Management is intended to help introduce primary care physicians and health care providers to the multifaceted discipline of sleep disorders in women. It summarizes the latest, cutting-edge research and presents it in a succinct and clinically relevant manner. Its goals are to help physicians recognize the symptom patterns of sleep disorders in their female patients, guide them in diagnosing and treating these patients in a timely fashion, and help in the elimination of gender bias in sleep medicine research and care.

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