
Preface

Sleep medicine is now accepted as an independent medical specialty. Therefore, it is important for sleep specialists practicing sleep medicine to know its roots and historical evolution. Despite a remarkable progress and development of the field of sleep medicine there are no books whatsoever addressing the evolution of the development of this tremendous endeavor. In addition to the need for carefully documenting this fascinating evolution from the rudimentary concepts of the ancient prehistoric and the early classical periods to our contemporary knowledge, it is essential for young sleep clinicians and researchers entering the field to have access to a comprehensive, highly readable account of the evolution of sleep medicine, chosen by these aspiring physicians as their professional career.

Within the past two decades there has been at least a tenfold increase of volume on sleep disorder textbooks. There are now many tens of thousands of individuals involved in clinical sleep medicine and sleep research in addition to an explosion of sleep laboratories and sleep centers worldwide spanning from East to the West and from North to the South along with the growth of national and international sleep societies. A new and rapidly emerging field needs its own specialty journals and societies. Beginning with the first in the field, the journal *Sleep* followed by the *Journal of Sleep Research* and *Sleep Medicine*, now there are a significant number of journals exclusively devoted to sleep medicine and sleep research both as print and online versions.

Despite the exponential growth of the field including the number of societies and participants involved, there has been little documentation of its historical development and its challenges until recently. Some early books on sleep provide a good account of the historical aspects including the early French volumes “Le Sommeil et les Reves” by Alfred Maury (1861), “Le Probleme Physiologique du Sommeil” (1913) by Henri Pieron, “Le Sommeil” (see the last chapter) by Dr. J. Lhermitte (1931), and “Les Troubles du Sommeil: Hyersomnies, Insomnies and Parasomnies” by Henri Roger (1932). These were followed by “Sleep and Wakefulness” (1939 and 1963) by Nathaniel Kleitman, “Sleep and Waking” by Ian Oswald (1962), “Le Sommeil de Nuit Normal et Pathologique” edited by Henri Fischgold (1965) and “The Abnormalities of Sleep in Man” edited by Lugaresi et al. (1968). Much information of historical interest is also in the volume “Sleep and its Disorders” by J. David Parkes (1985). However, all these volumes are either on sleep or sleep disorders in general rather than on the overall historical development of the field. There have been a number of historical articles on individual breakthroughs in our understanding of the basic sleep–wake mechanism and discovering new sleep disorders but there are no books on the historical milestones in this fascinating field. The time is now not only ripe but overdue to document the remarkable progress on a state approaching rapidly “At Day’s close” (nighttime sleep) in which we spend one third of our existence.

The purpose of this book is to provide a comprehensive, balanced, fair, and easily readable account of the history of developmental milestones of sleep medicine. The book will be of interest not only to individuals working in the field but also the physicians in general. As such the book is directed at internists (especially those specializing in pulmonary, cardiovascular,

gastrointestinal, renal and endocrine medicine), neurologists, neurosurgeons, family physicians, psychiatrists, psychologists, otolaryngologists, dentists, pediatricians, neuroscientists, as well as those technologists, nurses, and other paraprofessionals with an interest in sleep and its disorders. We believe that this book could attract significant interest in the general public as well.

Sudhansu Chokroverty
Michel Billiard

Sleep Medicine

A Comprehensive Guide to Its Development, Clinical
Milestones, and Advances in Treatment

Chokroverty, S.; Billiard, M. (Eds.)

2015, XIX, 584 p. 98 illus., 47 illus. in color., Hardcover

ISBN: 978-1-4939-2088-4