



Geriatric Sleep Medicine (Sleep Disorders)

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Geared toward sleep specialists, neurologists, geriatricians, and psychiatrists, **Geriatric Sleep Medicine** presents the most current medical research for the diagnosis and management of sleep disorders in the older patient.

Focused on the prevention of chronic geriatric sleep disorders, this text examines:

- the most recent and up-to-date classification information of sleep disorders from the American Academy of Sleep Medicine
- current algorithms for the evaluation and management of sleep disorders (e.g., insomnia, sleep apnea, parasomnia, hypersomnia, restless legs syndrome) in older adults
- both pharmacological and nonpharmacological treatments

Geriatric Sleep Medicine also explores special topics of interest to clinicians, including sleep problems post-menopause, in the nursing home setting, and at the end stages of life.

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