Expanded to include detailed information on pharmacologic and non-pharmacologic treatment, this second edition of the Handbook of Sleep Medicine continues to offer a concise overview of the field for trainees and practitioners in the many disciplines that deal with sleep disorders.

Chapters provide a broad introduction to sleep disturbances and associated comorbidities and discuss the major sleep disorders in terms of epidemiology, diagnostic criteria, differential diagnosis, assessment tools, management, and follow-up. Of special value are algorithms that provide a logical approach to evaluating sleep-related complaints. All chapters adhere to the new International Classification of Sleep Disorders (ICSD-2), which is outlined in an appendix with ICD-9 codes.