



# The Concise Sleep Medicine Handbook: Essential Knowledge for the Boards and Beyond

*David E Westerman*

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2nd Edition (2013) now available!!!! The Concise Sleep Medicine Handbook succinctly summarizes the essentials of sleep medicine in a compact volume. Candidates preparing for their board examinations in sleep medicine will find it useful to review the source material in a relatively short period of time. Chapters are arranged to reflect exam content as outlined by the ABIM and includes basic sleep physiology, sleep evaluation and an overview of the sleep disorders including management. Data are presented in bullet form wherever possible to facilitate study and recall. Official American Academy of Sleep Medicine guidelines including the Scoring Manual and Practice Parameters are summarized for easy reference and review. Additions to an expanded 2nd edition (2013) include: -a summary of the new 2012 AASM Scoring Manual - summaries of recent AASM Practice Parameter guidelines from SLEEP and J. Clin. Sleep Med. -references to recent reviews from leading journals -recently approved FDA sleep-related medications and warnings - review questions at the end of each section. The contents of this volume should also be a valuable resource in the day to day practice of clinical and laboratory sleep medicine.

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