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# Contemporary Sleep Medicine - For Patients

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## About the eBook

Contemporary Sleep Medicine should be of interest to a large number of readers interested in sleep medicine. It is divided into two parts – one for patients or simple readers and another for physicians or advanced readers. The Ebook explores new research grounds for sleep disorders. These include novel methodologies for epidemiological research and strategies for curing individuals who suffer from sleep disorders.

### Contents

- ▶ Famous Quotes about Sleep
- ▶ Why Do We Sleep? Human Sleep: Neurobiology and Function
- ▶ Epidemiology of Sleep Disorder
- ▶ Sleep History and Physical Examination
- ▶ Sleep Testing and Monitoring
- ▶ Primary Snoring and Upper Airway Resistance Syndrome
- ▶ Obstructive Sleep Apnea

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