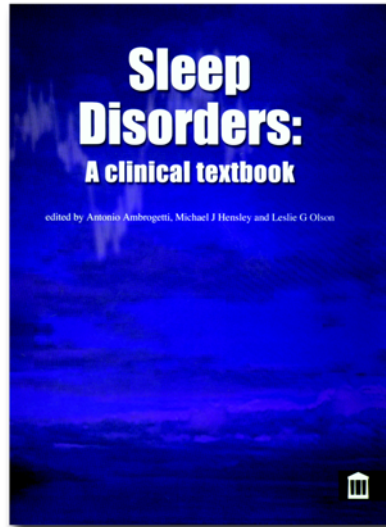


Textbook sleep disorders

Sleep disorders: a clinical textbook. Antonio Ambrogetti, Michael J Hensley, Leslie G Olson, editors. London: Quay Books, 2006 (xiii + 561 pp, \$260.00). ISBN 1 85642 237 2.

THE AUSTRALIAN sleep disorders community has contributed disproportionately to the world body of knowledge about the science and measurement of sleep, and the treatment of sleep disordered breathing, including non-respiratory aspects. Ambrogetti, Hensley, and Olson have produced a comprehensive yet very readable clinical textbook with significant contributions from many Australian authors, who also carry international reputations.

At over 500 pages, in contrast to its daunting look, this book is eminently readable, aimed at anyone interested in sleep medicine. The first main component looks at the scientific knowledge of sleep, including neuroanatomy and chronobiology, followed by the clinical application of sleep medicine, with a grounding in the basics of polysomnography. The second component is a tour through the clinical treatments of sleep disordered breathing, with interesting chapters on sleep disorders in children, medications, and ventilation.



The book is very well set out, with numerous break-out boxes highlighting important messages, illustrations and case discussions. The chapters and topics are well marked and easily accessed, and there are appendices with explanations and resource materials.

Interesting areas explored include sleep and other conditions such as pregnancy, and various common medications used for depression and anxiety. The development of sleep in children, and abnormalities, are well represented.

Useful as a reference book or as an introduction for those interested in sleep medicine, this is a comprehensive, basic clinical textbook without the daunting content of commonly quoted reference books. It could easily be picked up by medical students and trainees in sleep medicine, and would sit well in a sleep clinic or laboratory, as a good example of the

depth of Australian expertise in this area.

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