Contents

List of contributors ix
Foreword by Robert N. Butler xiii
Preface xv
Credits and acknowledgments xvii
Organization of the first edition xix
About the editors xxii

Part 1 – Sleep and normal aging

1. Aging and circadian rhythms: general trends 3
   S. R. Pandi-Perumal, D. Warren Spence, and Vijay Kumar Sharma

2. Possible mechanisms and consequences of age-related changes in the middle years of life 22
   Julie Carrier

3. Sleep throughout the menopausal transition and post-menopause 33
   Theresa B. Young

4. Neuropsychology and neuroimaging of sleep-dependent memory processing: implications for aging 45
   Matthew P. Walker

5. Sleep and memory in the elderly 57
   Orla P. Hornung

6. Sleep and autonomic dysregulation in the elderly 65
   Stefano Zanigni and Pietro Cortelli

7. Age-related changes in the pharyngeal structure and function in sleep apnea and normal subjects 75
   Giora Pillar, David P. White, and Atul Malhotra

Part 2 – Neuroendocrine and homeostatic changes in the elderly

8. Neuroendocrine correlates of sleep in the elderly 87
   Theresa M. Buckley

9. Melatonin, aging, and Alzheimer’s disease 97
   Daniel P. Cardinali and Michal Karasek

10. Sleep and diabesity in older adults 107
    Eve Van Cauter and Rachel Leproult

Part 3 – Sleep disorders in the elderly

11. Assessment and differential diagnosis of sleep disorders in the elderly 123
    Jana R. Cooke and Sonia Ancoli-Israel

12. Circadian rhythm dysregulation in the elderly: advanced sleep phase syndrome 131
    David K. Welsh and Louis J. Ptácek

13. Circadian rhythm dysregulation in the elderly: shift work 143
    Timothy H. Monk

14. Nocturia in the aging population 150
    Ragnar Asplund

15. Sleep and fibromyalgia in the elderly 160
    David S. Hallegua and Daniel J. Wallace

16. Sleep and pain management in the elderly 167
    Jeanetta C. Rains and Donald B. Penzien

17. Effect of depression and anxiety on sleep in the elderly 183
    Evelyn Mai and Daniel J. Buysse

18. Sleep in Parkinson’s disease 195
    Aleksandar Videnovic and Cynthia L. Comella

19. Sleep and circadian rhythm disturbances in Alzheimer’s disease 214
    David G. Harper
Contents

20. Narcolepsy in the elderly 227
    Michel Billiard

21. Movement disorders in the elderly 233
    Kai Spiegelhalder and Magdolna Hornyak

22. REM sleep behavior disorder in the elderly 241
    Luigi Ferini-Strambi

23. Sleep apnea in the elderly 248
    Andrea H. S. Loewen, Marc J. Poulin, and Patrick J. Hanly

24. Sleep and cardiovascular diseases in the elderly 260
    Rohit Budhiraja and Stuart F. Quan

25. Insomnia in the elderly 271
    Megan E. Ruiter, Gregory S. Vander Wal, and Kenneth L. Lichstein

26. Sleep in nursing home residents 280
    Jennifer L. Martin

27. Fatigue and sleepiness in the elderly: risk factors and management strategies 289
    Nikola N. Trajanovic and Colin M. Shapiro

28. Sleep and falls in the elderly 299
    Stephanie A. Studenski

29. Dreaming and dreaming disorders in the elderly 307
    Milton Kramer

30. Sleep medication and traffic safety in the elderly 319
    Monique A. J. Mets and Joris C. Verster

Part 4 – Treatment of sleep disorders in the elderly

31. Geriatric psychopharmacology: an overview 327
    Andrew D. Krystal

32. Epidemiology of sleep medication use in the elderly 332
    C. Ineke Neutel and Scott B. Patton

33. Management of insomnia in the elderly: the efficacy and safety of non-benzodiazepine hypnotics 344
    Jaime M. Monti and Daniel Monti

34. Use of benzodiazepines in the aging population: do the benefits outweigh the risks? 362
    Malcolm H. Lader

35. Use of psychotropic drugs in the elderly: effects on sleep architecture 371
    Luc Staner, Agnès Demazieres, and Rémy Luthringer

36. Non-pharmacological treatment of insomnia in the elderly: cognitive behavioral therapies 384
    Philip R. Gehrman and Nalaka Sudheera Gooneratne

37. Self-help treatments for older adults with primary and co-morbid insomnia 394
    Bruce D. Rybarczyk and Laurin J. Mack

38. Complementary and alternative medicine for sleep disturbances in the elderly 403
    Barbara Wider and Max H. Pittler

39. Therapeutic benefits of napping in the elderly 413
    Patricia J. Murphy and Scott S. Campbell

40. Effects of light on the elderly 423
    Glenna A. Dowling and Judy Mastick

41. Neuroimaging of sleep in the elderly 431
    Eric A. Nofzinger

Index 441

Colour Plates will be found between pages 106 and 107.