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978-1-107-56136-6 — Stahl's Illustrated Sleep and Wake Disorders
Stephen M. Stahl, Debbi Ann Morrisette
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Stahl's Illustrated Sleep and Wake Disorders

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Every effort has been made in preparing this book to provide accurate and up-to-date
 information which is in accord with accepted standards and practice at the time of
 publication. Although case histories are drawn from actual cases, every effort has been
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 to use.

PREFACE

This book is designed to be fun, with all concepts illustrated by full color images, figures, and tables supplemented by text. The visual learner will find that this book makes psychopharmacological concepts easier to master, and the non-visual learner may enjoy this book's short explanations of complex psychopharmacological concepts. Each chapter builds upon previous ones, synthesizing information about basic biology, diagnostics, treatment plans, complications, and comorbidities.

Novices may want to approach this book by first looking through all the graphics, gaining a feel for the visual vocabulary on which psychopharmacological concepts rely. After this once-over, we suggest going back through the book to read the text alongside the images. Learning from visual images and textual supplements should reinforce one another, providing novices with solid conceptual understanding at each step along the way.

Readers more familiar with these topics should find that going back and forth between the images and the text enables them to better understand complex psychopharmacological concepts. They may find themselves using this book frequently to refresh their psychopharmacological knowledge, and hopefully, they will refer their colleagues to this desk reference.

This book is intended as a conceptual overview of various topics. We provide you with a visual language to better understand the rules of psychopharmacology at the expense of discussing the exceptions to these rules. A References section at the back of this book gives you a good start for more in-depth learning about particular concepts.

Stahl's Essential Psychopharmacology (4th ed.) and *Stahl's Essential Psychopharmacology: The Prescriber's Guide* (5th ed.) can be helpful supplementary tools for more in-depth information on particular topics. You can also search the Neuroscience Education Institute's website (www.neiglobal.com) for articles, lectures, slides, and courses on psychopharmacological topics.

Whether you are a novice or an experienced psychopharmacologist, this book will hopefully lead you to think critically about the complexities of psychiatric disorders and their treatments.

Best wishes for your educational journey into the fascinating field of psychopharmacology!

Stephen M. Stahl

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CME Information

Release/Expiration Dates

Released: July, 2016

CME credit expires: July, 2019

Overview

Sleep was once described as a vital behavior of unknown function. Although there is still much debate regarding the exact function of sleep, over the past decade, our understanding of the molecular and biological processes that underlie sleep and wake states has increased exponentially. Likewise, we have become ever more aware of the physiological and psychiatric consequences of disturbed sleep. In this book, we provide an update on the current knowledge of the environmental, neurobiological, and genetic factors that influence sleep and wakefulness. We also provide evidence-based guidance for the accurate diagnosis and optimal treatment of various sleep/wake disorders.

Learning Objectives

After completing this activity, you should be better able to:

- Describe the neurobiological and molecular bases of sleep/wake cycles
- Apply differential diagnostic assessment of patients with sleep/wake problems according to established best practices
- Implement treatment strategies to address sleep/wake disorders

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3. Print your certificate (if a score of 70% or more is achieved)

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This material has been peer-reviewed by a clinician specializing in sleep disorders to ensure the scientific accuracy and medical relevance of information presented and its independence from commercial bias. The Neuroscience Education Institute takes responsibility for the content, quality, and scientific integrity of this CME activity.

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A variety of resources addressing cultural and linguistic competency can be found at this link: nei.global/CMEregs

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Stahl's Illustrated

Objectives

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- Identify the neurobiological and molecular bases of sleep/wake cycles
 - Apply differential diagnostic assessment of patients with sleep/wake problems according to established best practices
 - Implement treatment strategies to address sleep/wake disorders