

A clinical guide to sleep disorders in children and adolescents

Sleep disturbance is commonplace and causes much personal distress to sufferers and their families. It is implicated in a variety of problems, from poor educational performance or disturbed behaviour to accidents or physical dysfunction. Traditionally, research into sleep disorders has generally been undertaken within separate, unconnected medical disciplines and has mainly involved adults. As sleep disturbance is closely associated with serious problems, identifying and treating sleep disorders early is essential for good long-term health and well-being. Yet there is no up-to-date, comprehensive, one-stop source of information for clinicians concerning sleep disorders in young people. Gregory Stores addresses this need with a cross-disciplinary account of available clinical information and treatments, illustrated by actual cases of sleep problems in the young. This book will be essential reading for all professionals involved in child healthcare from infancy to adolescence, and will also be invaluable to general readers looking for up-to-the-minute information and references.

Gregory Stores is Professor of Developmental Neuropsychiatry in the University of Oxford. He is an internationally recognized authority in the field of sleep disturbance in the young, and has developed clinical services and methods of investigation in clinical neurophysiology for children that are now in use all over the world.

Cambridge University Press
0521653983 - A Clinical Guide to Sleep Disorders in Children and Adolescents
Gregory Stores
Frontmatter
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CAMBRIDGE
UNIVERSITY PRESS

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PUBLISHED BY THE PRESS SYNDICATE OF THE UNIVERSITY OF CAMBRIDGE
 The Pitt Building, Trumpington Street, Cambridge, United Kingdom

CAMBRIDGE UNIVERSITY PRESS
 The Edinburgh Building, Cambridge CB2 2RU, UK
 40 West 20th Street, New York, NY 10011-4211, USA
 477 Williamstown Road, Port Melbourne, VIC 3207, Australia
 Ruiz do Alarcón 13, 28014 Madrid, Spain
 Dock House, The Waterfront, Cape Town 8001, South Africa

<http://www.cambridge.org>

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First published 2001
 Reprinted 2002

Printed in the United Kingdom at the University Press, Cambridge

Typeface Minion 10.5/14pt *System* Poltype® [vN]

A catalogue record for this book is available from the British Library

Library of Congress Cataloguing in Publication data

Stores, Gregory.
 A Clinical Guide to Sleep Disorders in Children and Adolescents / Gregory Stores.
 p. cm.

Includes bibliographical references and index.

ISBN 0 521 65398 3 (paperback)

1. Sleep disorders in children. 2. Health behaviour in adolescence. 3. Sleep. I Title.

[DNLM: 1. Sleep Disorders – Adolescence. 2. Sleep Disorders – Child. 3. Sleep
 Disorders – Infant. WM 188 S884c 2001]

RJ506.5.S55 S865 2001

618.92'8498–dc21 00-060803

ISBN 0 521 65398 3 paperback

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. Nevertheless, the author, editors and publisher can make no warranties that the information contained herein is totally free from error, not least because clinical standards are constantly changing through research and regulation. The author, editors and publisher therefore disclaim all liability for direct or consequential damages resulting from the use of material contained in this book. Readers are strongly advised to pay careful attention to information provided by the manufacturer of any drugs or equipment that they plan to use.

Although case histories are drawn from actual cases, every effort has been made to disguise the identities of the individuals involved.

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Acknowledgements

I have been fortunate in recent years to have had the opportunity to realize a longstanding ambition to concentrate on clinical and academic aspects of the fascinating field of sleep disorders and, with the help of colleagues, to bring it to the attention of child healthcare professionals. The appeal of 'sleep disorders medicine' lies to a large extent on its relevance to many people, its importance for child development in particular, and its cross-specialty and interdisciplinary nature.

A number of people have helped to formulate my own approach to the sleep disorders field, but I am especially indebted to Luci Wiggs who has been a vital and much appreciated influence, both clinically and in our various joint research endeavours.

I am also grateful to those who, in addition to Luci, commented on the drafts of this book, namely Harvey Markovitch, Rebecca Stores and Anne Thomson.

Finally, I wish to thank my wife, Christina, for helping to produce the various drafts of the book with speed, accuracy, constructive comment and much forbearance.