Book Review

PRINCIPLES AND PRACTICE OF GERIATRIC SLEEP MEDICINE

edited by S.R. Pandi-Perumal, Jaime M. Monti, Andrew A. Monjan, 441 pp., Cambridge University Press, 2009, \$115

Despite being a relatively new field, sleep medicine is one of the fastest growing subspecialties. A considerable amount of research has accumulated on sleep disorders in the elderly, and there is now an increasing need for a text to present this growing body of literature. *Principles and Practice of Geriatric Sleep Medicine* is a comprehensive reference that aims to do just that, while providing an overview of the basic and clinical aspects of this complex and multidisciplinary field.

Its 41 chapters bring together the expertise of researchers and clinicians representing the full range of specialties currently working at the interface of sleep disorders and aging. It begins with an introduction to some of the fundamentals needed to better understand the effects that aging has on sleep and the circadian rhythm, followed by a brief review of the neuroendocrine and homeostatic changes associated with aging. The next section is comprised of individual chapters addressing various sleep and sleep-related disorders commonly present in the elderly,

and is followed by a comprehensive review of the currently available treatment options.

In general, the chapters are detailed, yet they concisely review the literature. There is an emphasis on practical issues of relevance to clinicians: for example, driving while using sleep medication in the elderly. In the absence of existing research on a particular topic, such as this, the authors extrapolate from data on the nongeriatric population and advocate for further study. While there is a focus on recent developments, a limitation of any textbook written in an area undergoing rapid change is the potential for it to quickly become outdated.

Though it cannot replace current practice parameters or literature searches, the text can serve as a useful reference for those interested in exploring the field or who are looking to improve their ability to understand and treat sleep disorders in this population. While it might be most appropriate for those with a background or training in sleep medicine or circadian rhythms, the book may be of benefit to anyone who cares for the elderly.

Reviewed by Jason Diamond, MD

Disclosure: The author reports no disclosures.

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Neurology 2011;77:e11

DOI 10.1212/WNL.0b013e3182242dca

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