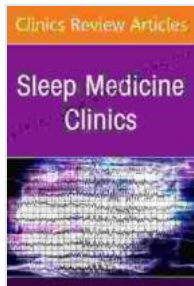


# Evaluation of Sleep Complaints: An Issue of Sleep Medicine Clinics - The Clinics



## Evaluation of Sleep Complaints, An Issue of Sleep Medicine Clinics (The Clinics: Internal Medicine)

★★★★★ 5 out of 5

Language : English  
File size : 3709 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 410 pages



### Guest Editors: Dr. Meir H. Kryger and Dr. Ronald Chervin

Sleep is essential for our physical and mental health. It allows our bodies to rest and repair themselves, and it helps us to consolidate memories and learn new things. Sleep disorders are common, however, and can have a significant impact on our quality of life and overall health.

The evaluation of sleep complaints is a complex process that requires a multidisciplinary approach. This issue of Sleep Medicine Clinics provides a comprehensive overview of the latest advances in the evaluation of sleep complaints, including the use of polysomnography, actigraphy, and home sleep apnea testing.

### Polysomnography

Polysomnography (PSG) is the gold standard for the evaluation of sleep disorders. PSG is a non-invasive test that records a variety of physiological signals during sleep, including brain activity, eye movements, muscle activity, and breathing.

PSG is typically performed in a sleep laboratory. The patient sleeps overnight in a bed that is equipped with sensors that record the physiological signals. The data from the PSG is then analyzed by a sleep specialist to identify any abnormalities that may be causing the patient's sleep complaints.

## **Actigraphy**

Actigraphy is a non-invasive test that measures movement and activity levels. Actigraphy can be used to evaluate sleep patterns, including the duration and quality of sleep, and the timing of sleep and wake cycles.

Actigraphy is typically performed using a small, wrist-worn device that records the patient's movements throughout the day and night. The data from the actigraphy is then analyzed by a sleep specialist to identify any abnormalities that may be causing the patient's sleep complaints.

## **Home Sleep Apnea Testing**

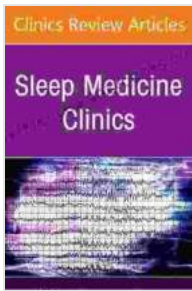
Home sleep apnea testing (HSAT) is a non-invasive test that is used to diagnose sleep apnea. Sleep apnea is a condition in which the patient stops breathing repeatedly during sleep. HSAT is typically performed using a small, portable device that records the patient's breathing, heart rate, and oxygen levels throughout the night.

The data from the HSAT is then analyzed by a sleep specialist to determine if the patient has sleep apnea. HSAT is a convenient and cost-effective way to diagnose sleep apnea, and it is often used as a screening test for patients who are at risk for the condition.

The evaluation of sleep complaints is a complex process that requires a multidisciplinary approach. This issue of Sleep Medicine Clinics provides a comprehensive overview of the latest advances in the evaluation of sleep complaints, including the use of polysomnography, actigraphy, and home sleep apnea testing. By understanding the latest advances in the evaluation of sleep complaints, clinicians can better diagnose and treat sleep disFree Downloads and improve the quality of life for their patients.

## References

1. Kryger MH, Chervin RD. Evaluation of Sleep Complaints. Sleep Medicine Clinics. 2018;13(1):1-6.
2. American Academy of Sleep Medicine. International Classification of Sleep DisFree Downloads, Third Edition (ICSD-3). Darien, IL: American Academy of Sleep Medicine; 2014.
3. Berry RB, Budhiraja R, Gottlieb DJ, et al. Rules for scoring respiratory events in sleep: update of the 2007 AASM Manual for the Scoring of Sleep and Related Events. J Clin Sleep Med. 2012;8(5):597-619.
4. Collop NA, Kezirian EJ, Massie CA. Actigraphy in the assessment of sleep disFree Downloads: a review. Sleep. 2017;40(1):zsx001.
5. Kapur V



## Evaluation of Sleep Complaints, An Issue of Sleep Medicine Clinics (The Clinics: Internal Medicine)

★★★★★ 5 out of 5

Language : English  
File size : 3709 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 410 pages



## Book Review: In Controluce Scatti Di Epilessia

In Controluce Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



## The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport

Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to...