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Les troubles du sommeil (French Edition)

Michel Billiard, Yves Dauvilliers

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La médecine du sommeil est une discipline récente et les manuels qui lui sont consacrés sont encore peu nombreux. Les troubles du sommeil et de l'éveil touchent pourtant une part importante de la populati on et ont de graves répercussions sur
la santé physique et mentale ainsi que sur la qualité de vie.
Cette **2° édition, largement revue et augmentée** fait **le point sur le sommeil normal, l'exploration du sommeil et de l'éveil, la somnolence et la vigilance, les troubles du sommeil et de l'éveil, et sur les nombreuses maladies organiques et psychiatriques dépendant du sommeil ou ayant un impact sur lui**.
D'un usage très pratique, cet ouvrage de référence est agrémenté d'**index et de questionnaires**, d'**inventaires et échelles** utilisés pour préciser les troubles du sommeil et de l'éveil. Il est complété par un **glossaire étendu** nécessaire à une bonne compréhension de la terminologie du sommeil et de ses troubles.
Cet ouvrage s'adresse aux médecins généralistes et spécialistes. Ils y trouveront des réponses à leurs questi ons ainsi que de nombreuses indicati ons pour la prise en charge des pati ents et la prescripti on de traitements. Il s'adresse également aux étudiants en médecine, aux infi rmiers, aux psychologues désireux de s'ouvrir à un domaine encore peu enseigné dans les facultés et écoles, et enfin, à tous les chercheurs intéressés par ce sujet.
Il est **rédigé par une équipe de spécialistes du sommeil, chercheurs et cliniciens, européens et nord-américains reconnus internationalement**.

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