



Sleep Disorders and Sleep Promotion in Nursing Practice

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2011 AJN Book of the Year Winner in Gerontologic Nursing!

"Sleep medicine texts have been available for decades, [but]...this is the first 'Sleep Nursing' text to fill an important gap from a nursing perspective."--**Nurse Education in Practice**

"This book is unique in that it examines sleep and sleep disorders from a nursing perspective...It is a valuable resource for academic nursing, as well as a relevant and useful companion for clinical nursing professionals."
Score: 94, 4 stars.--Doody's Medical Reviews

This comprehensive volume presents the latest scientific evidence on health promotion, prevention, and treatment for sleep and sleep disorders. This graduate textbook and reference guide provides strategies for promoting normal sleep, caring for disordered sleep, and supporting sleep in health care settings.

Written by leading nursing experts, this book is an invaluable source for graduate educators and students, as well as practitioners and researchers caring for patients suffering from sleep disorders.

Key Features:

- Contains a digital Teacher's Guide and curriculum module
- Covers important topics in sleep medicine: insomnia, breathing and movement disorders, narcolepsy, circadian rhythm disorders, chronic conditions, psychiatric disorders, and pediatric issues
- Provides treatment options for sleep disorders in a variety of health care settings
- Highlights issues in primary care, as well as alternative/complimentary health care

An instructor's guide is available upon request.

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From reader reviews:

Gregory Kim:

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Wendy Miller:

Precisely why? Because this Sleep Disorders and Sleep Promotion in Nursing Practice is an unordinary book that the inside of the guide waiting for you to snap it but latter it will surprise you with the secret the item inside. Reading this book close to it was fantastic author who all write the book in such awesome way makes the content on the inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of positive aspects than the other book get such as help improving your expertise and your critical thinking means. So , still want to hesitate having that book? If I were being you I will go to the guide store hurriedly.

Etsuko Siler:

Playing with family in a park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Sleep Disorders and Sleep Promotion in Nursing Practice, you could enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't obtain it, oh come on its referred to as reading friends.

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