



UNDERSTANDING SLEEPLESSNESS

Perspectives on Insomnia

DAVID N. NEUBAUER, M.D.

With a foreword by

PAUL R. MCHUGH, M.D.

Understanding Sleeplessness Perspectives On Insomnia

Xiaolong Qi



Understanding Sleeplessness Perspectives On Insomnia:

Understanding Sleeplessness David N. Neubauer, 2003-10-17 Seemingly the most natural and necessary of pursuits a good night's sleep eludes a remarkable number of people up to 50 percent of the general population according to studies while 10 to 15 percent suffer from severe or chronic sleep disorders Because the causes and nature of sleeplessness are so many and varied and often as elusive as sleep itself the diagnosis and treatment require a flexible multifaceted approach and this is precisely what David N Neubauer lays out in *Understanding Sleeplessness* Building on the four perspectives conceptualized by McHugh and Slavney in *The Perspectives of Psychiatry* Neubauer offers a much needed explanation of the diverse ways of understanding what insomnia is and what should be done about it He begins by surveying what is currently known about the mechanisms of normal sleep and in this light describing the problems of defining assessing and measuring insomnia Drawing examples from patients studied at the Johns Hopkins Sleep Disorders Center Neubauer then applies each of the four perspectives diseases dimensions behaviors life stories to the varied kinds and degrees of sleeplessness Finally calling on the full range of perspectives on insomnia he outlines an integrated approach to evaluation and treatment His work will be of great interest and value to those who study and treat sleeplessness and to those who wish to understand this widespread and vexing problem

Understanding Sleeplessness David N. Neubauer, 2004-12-01 Seemingly the most natural and necessary of pursuits a good night's sleep eludes a remarkable number of people up to 50 percent of the general population according to studies while 10 to 15 percent suffer from severe or chronic sleep disorders Because the causes and nature of sleeplessness are so many and varied and often as elusive as sleep itself the diagnosis and treatment require a flexible multifaceted approach and this is precisely what David N Neubauer lays out in *Understanding Sleeplessness* Building on the four perspectives conceptualized by McHugh and Slavney in *The Perspectives of Psychiatry* Neubauer offers a much needed explanation of the diverse ways of understanding what insomnia is and what should be done about it He begins by surveying what is currently known about the mechanisms of normal sleep and in this light describing the problems of defining assessing and measuring insomnia Drawing examples from patients studied at the Johns Hopkins Sleep Disorders Center Neubauer then applies each of the four perspectives diseases dimensions behaviors life stories to the varied kinds and degrees of sleeplessness Finally calling on the full range of perspectives on insomnia he outlines an integrated approach to evaluation and treatment His work will be of great interest and value to those who study and treat sleeplessness and to those who wish to understand this widespread and vexing problem

Living with Insomnia Phyllis L. Brodsky, Allen Brodsky, 2014-01-10 Insomnia is a sleep disorder that affects people worldwide This text provides those with sleep problems or chronic insomnia an overview of research on the causes of sleep loss and the physical effects of insomnia as well as possible treatments Disorders are summarized and illustrated with real life stories about sleep experiences and remedies This is a concise guide to help readers improve their sleep habits and lives

Sleep and Neuropsychiatric Disorders Ravi

Gupta,David N. Neubauer,S. R. Pandi-Perumal,2022-02-01 This book explores the intricate links between sleep and neuropsychiatric diseases In clinical settings understanding the development treatment and management of neuropsychiatric diseases poses a substantial challenge Neuropsychiatric disorders place a significant cost on society affecting the health of people affected care providers and the general community Sleep and neuropsychiatric disease are inextricably linked Sleep disorders are widespread in these populations and are frequently overlooked in neurology and psychiatry The book offers readers up to date information on different facets of the bidirectional connections between sleep and neuropsychiatric diseases Following the initial fundamental science part a unique series of chapters concentrate on the behavioural manifestations of sleep problems a hitherto unexplored field Additional chapters include patient evaluation techniques as well as public health implications of sleep disorders The individual chapters cover all main mental and neurological diseases where a change in sleep is evident and recent concepts in pathogenesis presentation evaluation and treatment Neuropsychotropic drugs must be seen as a double edged sword when it comes to sleep and sleep disorders Overall this book is an excellent resource for learning about neuropsychiatric diseases and how they affect sleep while simultaneously being impacted by sleep *Journal of Clinical Sleep Medicine* ,2005 **Gerontological Nursing Competencies for Care**

Kristen L. Mauk,2017-04-14 Gerontological Nursing Competencies for Care Fourth Edition focuses on caring for the elderly by employing a holistic and interdisciplinary approach The text follows the framework of the core competencies for baccalaureate nursing education published by the American Association of Colleges of Nursing AACN and the John A Hartford Foundation Institute for Geriatric Nursing This framework is structured to ensure nursing students attain the recommended knowledge to achieve the competencies necessary to provide excellent care to older adults Back cover

Psychology Peter O. Gray,2006-04-07 An introductory text that explores Psychology s major theories and the evidence that supports and refutes them This title incorporates research helping students to probe for the purposes and biological origins of behavior the whys and hows of Human Psychology **Comorbidity** Rhonda Brown,Einar

Thorsteinsson,2019-11-30 This book introduces a new theory on the substantial comorbidity that exists between many illnesses and disorders and concurrent symptoms such as pain impaired sleep and fatigue The specific illnesses and disorders discussed include obesity diabetes mellitus type II medical illnesses including cardiovascular disease and sleep disordered breathing insomnia disordered eating such as binge eating disorder and night eating syndrome affective distress anxiety and depression and comorbidities that are linked to eating disorders such as anorexia nervosa and bulimia nervosa The book posits that the comorbidities are the result of a complex bio psycho behavioral mechanism that includes circadian rhythm dysfunction It examines the statistical and methodological e g measurement problems that can complicate the understanding of comorbidity and explores a broad range of novel existing and repurposed therapy approaches that could have utility in treating comorbid disorders This book will be of great value to academics as well as practitioners working in the field of

psychiatry health psychology and medicine more broadly *Diagnosis and Treatment of Mental Disorders Across the Lifespan* Stephanie M. Woo, Carolyn Keatinge, 2008-06-02 Designed to serve as a trusted desktop reference on issues of lifespan and cultural diversity for all mental health professionals *Diagnosis and Treatment of Mental Disorders Across the Lifespan* expertly covers etiology clinical presentation intake and interviewing diagnosis and treatment of a wide range of DSM IV TR disorders that occur in people of all ages This is an indispensable resource for all mental health professionals

Two in a Bed Paul C. Rosenblatt, 2012-02-01 Millions of adults sleep with another adult but what does it mean to share a bed with someone else and how does it affect a couple's relationship What happens when one partner snores Steals the sheets Prefers to sleep in the nude To address these and other questions Paul C Rosenblatt asked couples to describe the struggles challenges and achievements of their bed sharing experiences *Two in a Bed* includes interviews with more than forty bed sharing couples as they candidly discuss winding down and waking up cold feet and tucked sheets who sleeps near the door and who gets pushed to the edge snoring spooning sleep talking sleep walking and the myriad other behaviors we negotiate in falling asleep staying asleep and waking up each morning beside a partner In addition to exploring the routines and realities of sharing a bed with another person these interviews reveal important information about sleep relationships and American society Stressing the intricacy and importance of a previously unremarked activity Rosenblatt's *Two in a Bed* shows that sleep should no longer be viewed solely as an individual phenomenon **Trouble in Mind** Dean F.

MacKinnon, 2011-01-15 Orthodox psychiatric texts are often rich in facts but thin in concept Depression may be defined as a dysfunction of mood but of what use is a mood How can anxiety be both symptom and adaptation to stress What links the disparate disabilities of perception and reasoning in schizophrenia Why does the same situation push one person into drink drugs danger or despair and bounce harmlessly off another *Trouble in Mind* is unorthodox because it models adaptive mental function along with mental illness to answer questions like these From experience as a Johns Hopkins clinician educator and researcher Dean F MacKinnon offers a unique perspective on the nature of human anguish unreason disability and self destruction He shows what mental illness can teach about the mind from molecules to memory to motivation to meaning MacKinnon's fascinating model of the mind as a vital function will enlighten anyone intrigued by the mysteries of thought feeling and behavior Clinicians in training will especially appreciate the way mental illness can illuminate normal mental processes as medical illness in general teaches about normal body functions For students the book also includes useful guides to psychiatric assessment and diagnosis **Conn's Current Therapy 2010 E-Book** Edward T. Bope, Robert E.

Rakel, Rick D. Kellerman, 2010-01-08 Conn's Current Therapy 2010 provides concise and easy to use guidance on the latest advances in therapeutics for common complaints and diagnoses Edward T Bope MD Robert E Rakel MD and Rick D Kellerman offer their expertise and the knowledge of hundreds of skilled international leaders on the full range of evidence based management options Tap into recent developments and thorough updates on myelodysplastic syndromes

psychocutaneous medicine recently approved and soon to be approved drugs and much more to stay on top of current treatment practices With the full text online at expertconsult com you ll have the information you need right at your fingertips for easy access Provides access to the full contents of the text online at expertconsult com Discusses recent developments and thorough updates on myelodysplastic syndromes psychocutaneous medicine recently approved and soon to be approved drugs and much so you can stay on top of current treatment practices Contains important diagnostic criteria in each chapter because correct diagnoses lead to the delivery of effective treatment Features acknowledged expert contributors for each chapter so you know that you are getting the best and most practical and accurate advice Presents management methods used by international experts to provide you with best practices from around the world Covers most common major presenting symptoms in a section on symptomatic care to assure that your patients can get the best possible treatment while tests are being performed Incorporates the latest information on recently approved and soon to be approved drugs so you are aware of all treatment options Includes the ICD 9 list of common diseases and codes on end papers to enable you and your staff to accurately code for reimbursement

The Complete Guide to Overcoming depression, low mood and other related problems (ebook bundle) Colin Espie,Jan Scott,Melanie Fennell,Paul Gilbert,William Davies,2013-01-17 This exclusive ebook bundle comprises five practical self help programmes based on cognitive behavioural therapy CBT from the bestselling Overcoming series Perfect for anyone experiencing problems with low mood or depression and associated problems such as low self esteem anger or sleep problems This is also the perfect resource for therapists Each book includes Case studies Practical exercises Monitoring sheets Overcoming Depression 3rd edition If you suffer from depression you are far from alone Depression is very common affecting over 300 million people around the world Written by Professor Paul Gilbert OBE internationally recognised for his work on depression this highly acclaimed self help book has been of benefit to thousands of people including sufferers their friends and families and those working in the medical profession This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression particularly the importance of developing compassionate ways of thinking behaving and feeling Overcoming Mood Swings Most people know what it is like to experience high or low spirits For some individuals however emotional extremes can seriously disrupt their lives either because they happen too frequently or because the mood swings are intense and are accompanied by other symptoms of depression or mania often referred to as bipolar disorder This practical self help guide provides background information on depression and mania and offers tried and tested techniques that will help the reader identify and manage their mood more effectively and achieve a more stable emotional state Overcoming Low Self Esteem A self help classic winning acclaim for its practical and user friendly approach and now recommended on the National Health Service s self help scheme known as Books on Prescription This book will aid readers to understand what has caused their low self esteem and with this knowledge break out of the vicious circle of

negative self image learn the art of self acceptance and alter their lives for the better Overcoming Anger and Irritability An invaluable self help guide to managing a widespread behavioural problem This is a practical self help programme for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability and flashes of bad temper It will help the reader understand why such behaviour occurs and what can be done to prevent it

Overcoming Insomnia Extensive research conducted over 25 years has established Cognitive Behavioural Therapy CBT as the treatment of choice for insomnia For the first time proven CBT principles have been brought together by a world renowned expert on insomnia in a comprehensive self help manual In a clear step by step approach new patterns of relaxation sleeping and waking are quickly learnt Based on clinically proven techniques *Encyclopedia of Sleep* ,2013-01-17 In a world of 24 hour media saturation sleep has become an increasingly fraught enterprise The award winning four volume Encyclopedia of Sleep Four Volume Set is the largest reference either online or in print on the subject of sleep Written to be useful for the novice and the established researcher and clinician Topic areas will include sleep across the life cycle and in other species sleep and women sleep and the elderly pediatric sleep sleep deprivation and loss sleep mechanisms sleep physiology and pathophysiology sleep disorders neurobiology chronobiology pharmacology and impact of other disorders on sleep

Recognizing the many fields that are connected to sleep science the editorial team has been carefully chosen to do justice to this highly interdisciplinary field of study The steady growth of researchers and clinicians in the sleep field attests to the continued interest in the scientific study of sleep and the management of patients with sleep disorders and anyone involved in this exciting field should find this work to be an invaluable reference 2013 PROSE Award winner for Multivolume Reference in Science from the Association of American Publishers Thoroughly interdisciplinary looks at sleep throughout the life cycle with exceptional coverage of basic sleep concepts the physiology of sleep as well as sleep disorders of all descriptions Excellent coverage of sleep and special populations covering the lifespan as well as gender and ethnic differences among others Chapters focusing on sleep disorders are grouped under the broad categories classified in the ICD 10 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders Online version is linked both within the encyclopedia to related content and to external sources such as primary journal content so that users have easy access to more detailed information if needed *Sleep & Recovery for Mental Health: How Rest Improves Your Emotional Well-being* Alice Murphy, The pursuit of mental well being is a journey not a destination and sleep serves as a foundational cornerstone on that path This book Sleep it s a comprehensive toolkit for change You ll learn practical evidence based strategies to improve your sleep hygiene empowering you to create a more restful and supportive environment for yourself We will dissect proven techniques like CBT I guiding you through the process of identifying and modifying unhelpful thought patterns and behaviors that negatively impact your sleep Mindfulness and meditation practices will be explored offering you tools to cultivate relaxation and calm your mind before sleep We ll address specific sleep

challenges faced by individuals struggling with anxiety and depression tailoring strategies to meet individual needs Finally we will emphasize the importance of integrating sleep improvement into a broader holistic wellness plan encouraging you to embrace a multifaceted approach that nurtures your physical emotional and mental well being This book offers hope actionable strategies and a comprehensive understanding of the power of sleep in your journey toward better mental health Prepare to embark on a transformative journey towards improved rest and enhanced emotional well being Your journey to better sleep and mental wellness starts here

The Complete Overcoming Series Peter Cooper, 2012-11-01 The complete set of self help guides from the popular Overcoming series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties Each guide comprises a step by step self help programme based on CBT and contains Useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep recovery going Further resources The Complete Overcoming Series contains 31 titles Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child s Fears Worries Overcoming Your Child s Shyness and Social Anxiety Overcoming You Smoking Habit

Cumulated Index Medicus ,1995

Sleep Disorders and Sleep Promotion in Nursing Practice Nancy Redeker,Geoffry Phillips McEnany,2011-04-22 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 Sleep and Health Michael A. Grandner,2019-04-17 Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual community and population levels as well as a discussion of the implications for public health public policy and interventions Based on a firm foundation in many areas of sleep health research this text further provides introductions to each sub area of the field and a summary of the current research for each area This book serves as a resource for those interested in learning about the growing field of sleep health research including sections on social determinants cardiovascular disease cognitive functioning health behavior theory smoking and more Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities sleep and cardiometabolic disease risk real world effects of sleep deprivation and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often overlooked areas serving as a helpful guide to all relevant information on this broad topic area **The Science of Sleep** Barrett Williams,ChatGPT,2024-12-13 Unlock the secrets of rejuvenating rest and awaken to a life of vitality with The Science of Sleep Dive into an enlightening exploration that will transform your understanding of sleep its critical role in health and how you can harness its power for a better more fulfilling life Begin your journey with the fundamentals of sleep what it is why it matters and how our bodies navigate the complex sleep cycle Discover the intricate physiology at play during sleep including the fascinating brain activities and the hormonal and physical restoration processes that occur during those restful hours Learn how sleep affects your cognitive functions from memory and learning to emotional regulation Understand the profound impact it has on your physical health influencing everything from immunity and metabolism to cardiovascular well being Navigate through the world of sleep disorders understanding the mysteries of insomnia sleep apnea and restless legs syndrome while gaining insight into the dangers of sleep deprivation and its far reaching social and economic consequences Enhance your life with practical strategies for improving sleep hygiene creating a sleep friendly environment and establishing a harmonious bedtime routine Explore the influence of technology the cultural perspectives on sleep and cutting edge advances in sleep research Witness real life transformations of individuals who conquered sleep challenges and embraced sleep wellness leading to dramatic improvements in their lives Understand the connection between sleep and mental health while gaining insights into sleep across the lifespan and the role of naps in optimizing sleep quality The Science of Sleep is your essential guide to embracing the power of sleep Learn to prioritize sleep as a cornerstone of well being and set the course for a healthier more vibrant future Let this comprehensive guide empower you to make sleep a pivotal part of your personal growth and daily routine

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