[PDF] Epidemiology Of Sleep Age Gender And Ethnicity

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**Epidemiology of Sleep** - Kenneth L. Lichstein - 2013-06-17
What is the prevalence of insomnia in a particular age group, in men and women, or in Caucasians and African Americans? What is the average total sleep time among normal sleepers among these groups? How does the sleep of Caucasians and African Americans differ? These are just some of the questions addressed in The Epidemiology of Sleep. This new book presents the most detailed and comprehensive archive of normal and abnormal sleep patterns. Based on a landmark study supported by the National Institute on Aging, 772 subjects from a host of populations including men, women, and various age and ethnic groups, prepared detailed sleep diaries for a two-week period. The use of these sleep diaries yielded a
coupled with the characteristics as normal sleep patterns, various forms of insomnia, fatigue, depression, anxiety, and daytime sleepiness differentiated by age, sex, and ethnicity. The results generated by these data, charted in the book’s numerous tables and graphs, provide a critical methodological advance in the sleep literature. The Epidemiology of Sleep opens with an overview of the rationale and unique characteristics of the study. This is followed by a comprehensive review of the existing epidemiological literature on sleep. Chapter three presents a detailed description of the methods used in the survey followed by meticulous information on the epidemiology of normal and insomnia sleep, that is unparalleled in the literature. Chapter six provides an archive of sleep patterns among African Americans. The book concludes with a discussion and interpretation of the most interesting findings. This insightful study, comprehensive review of the existing literature on the epidemiology of sleep, make this volume an invaluable resource for sleep researchers, clinicians, health and clinical psychologists, gerontologists, epidemiologists, and advanced students.

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Epidemiology of Bedtime, Arising Time, and Time in Bed - Stephen Justin Thomas - 2011

This study investigated the epidemiology of subjective behavioral sleep variables (i.e., bedtime, arising time, and time in bed) as a function of age, gender, and ethnicity. Sleep diaries were analyzed for 756 participants. Regression analysis showed a main effect of age on subjective bedtime, arising time, and time in bed, but not for gender or ethnicity. Younger adults had later
resulted in greater time spent than other age groups. Older adults had earlier bedtimes and later arising times, which resulted in greater time spent in bed than any age group. These results suggest that there are distinct behavioral sleep patterns based on age but not gender or ethnicity and may have significant clinical implications, particularly for older adults.

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The Social Epidemiology of Sleep - Dustin T. Duncan - 2019-11-12
AN ESSENTIAL NEW RESOURCE ON A FUNDAMENTAL DETERMINANT OF HEALTH
Sleep, along with the sleep-related behaviors that impact sleep quality, have emerged as significant determinants of health and well-being across populations. An emerging body of research has confirmed that sleep is strongly socially patterned, following trends along lines of socioeconomic status, race, immigration status, age, work, and geography. The Social Epidemiology of Sleep serves as both an introduction to sleep epidemiology and a synthesis of the most important and exciting research to date, including:
An introduction to sleep epidemiology, including methods of assessment and their validity, the descriptive epidemiology of sleep patterns and disorders, associations with health, and basic biology - What we know about the variation of sleep patterns and disorders across populations, including consideration of sleep across the lifespan and within special populations - Major social determinants of sleep (including socioeconomic status, immigration status, neighborhood contexts, and others) based on the accumulated research. With editors from both population science and medicine, combined with contributions from psychology, sociology, demography, geography, social epidemiology, and medicine, this text codifies a new field at the intersection of how we sleep and the social and behavioral factors that influence it.

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The Oxford Handbook of Sleep and Sleep Disorders - Charles M. Morin - 2012-03-01
A great deal of progress has been made in the characterization, assessment and treatment of sleep disorders in recent years. Detailing the functions of sleep and its effect on cognition and development, this book offers a comprehensive, practical approach to the evaluation and treatment of patients with sleep disorders.

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Principles and Practice of Sleep Medicine E-Book - Meir H. Kryger - 2010-11-01
Principles and Practice of Sleep Medicine, 5th Edition, by Meir H. Kryger, MD, FRCPC, Thomas Roth, PhD, and William C. Dement, MD, PhD, delivers the comprehensive, dependable guidance you need to effectively diagnose and manage even the most challenging sleep disorders. Updates to genetics and circadian rhythms, occupational health, sleep in older people, memory and...
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And, a new more user-
friendly, full-color format,
both in print and online, lets
you find the answers you need
more quickly and easily.
Whether you are preparing
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Make optimal use of the
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Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients; sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Sleep Disorders and Sleep Deprivation - Institute of Medicine - 2006-10-13
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Breathing Disorders in Sleep - W. T. McNicholas -
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**Integrative Preventive Medicine** - Richard H. Carmona - 2017-11-14

As the preventable disease and economic burden continues to mount for the United States and the world, it is becoming apparent that embracing prevention strategies is essential. Simply continuing on the same course and infrastructure will not suffice. The future we will leave our children is unsustainable without change. Amidst all the partisan political chaos, Integrative Preventive Medicine (IPM) practices are strongly entering the public consciousness since many are dissatisfied with their traditional health (sick) care delivery systems and the scientific validity of IPM is increasing rapidly. This IPM textbook, the first of its kind, authored by nationally recognized thought leaders and edited by the 17th Surgeon General of the United States and the Canyon Ranch Medical Director will serve to bring together the science of IPM so that health practitioners have a ready reference containing practices that can prevent disease, decrease cost of care and improve the quality of life. Our IPM textbook is divided into three sections, Public Health and Evolving Science in IPM, Multidisciplinary Nature of IPM and The IPM Approach of Selected Clinical Problems, providing a continuum of IPM from basic science to clinical science to practical application. This depth and breadth of scientific information and comprehensive approach is a first for a single textbook in IPM. A must read for all health providers and students.
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**Insomnia** - Michael J. Sateia - 2016-04-19
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**Sleep Disorders in Women** - Hrayr Attarian - 2020-04-14
This book provides a thorough, multidisciplinary review of the latest research and clinical approaches in the field of sleep disorders. It illustrates the variance of complications, symptoms, and issues sleep disorders cause during different stages of a woman’s life. This updated, comprehensive edition begins with an overview of sleep disorders in women, followed by a section dedicated to examining sleep disorders in women during adolescence. Subsequent chapters then focus on treating pregnant women with sleep disorders, which include conditions such as restless legs syndrome, that arise during the gestational period as well as those like narcolepsy, whose management offers unique challenges during pregnancy and lactation. The book concludes with information on
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In Sleep Disorders in Women: A Guide to Practical Management, 2nd Edition, a multidisciplinary panel of eminent researchers and practicing clinicians comprehensively updates the multifaceted aspects of sleep disorders in women at different stages of life, illuminating the unique impact that each reproductive and endocrine stage has on both normal sleep and sleep disorders. This title not only introduces primary care physicians and health care providers to the discipline of sleep disorders in women, it also will appeal to a broader set of specialists as it summarizes the latest, cutting-edge research and presents it in a succinct and clinically relevant manner. The goal of this book is to help physicians recognize the symptom patterns of sleep disorders in their female patients, guide them in diagnosing and treating these patients in a timely fashion, and help in the elimination of gender bias in sleep medicine research and care. An invaluable addition to the literature, Sleep Disorders in Women: A Guide to Practical Management, 2nd Edition again fills an important niche by being an accessible, comprehensive, multidisciplinary review on sleep disorders in women.

**Sleep Disorders in Women -**

**Chronic Medical Disease and Cognitive Aging** - Kristine Yaffe - 2013-03-11

Chronic Medical Disease and Cognitive Aging: Toward a Healthy Body and Brain explores the important and often overlooked connection between how chronic medical diseases of the body can affect cognitive function and brain health. As population demographics shift to that of an aging population it has become more important to understand and improve cognitive function in late life. Chronic medical diseases often increase the risk of cognitive impairment, and those with cognitive impairment may be less able to effectively manage their medical conditions, suggesting a reciprocal relationship may exist where cognition that in turn may exacerbate physical health. Chronic Medical Disease and Cognitive Aging discusses current research on the association between a variety of chronic medical diseases and cognition and, where appropriate, promising interventions or accepted treatment strategies. While a cure for many diseases continues to be elusive, insights garnered from the interplay between diseases of the body and mind may help point the way to novel therapeutic strategies to improve cognitive function in late life.

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Sleep and Psychosomatic Medicine presents an overview of sleep medicine and the management of common sleep disorders seen in a wide variety of practice settings. Chapters have been written by experts in the field in order to provide physicians of a wide range of interests and abilities with a highly readable exposition of the principal results, including numerous well articulated examples and a rich discussion of applications. The second edition has been revised to further broaden the scope with the inclusion of several new chapters such as Sleep and Dermatology, Fatigue in Chronic Medical Conditions, Occupational Sleep Medicine, Restless Legs Syndrome and Neuropsychiatric Disorders and Sleep Dysfunction after Traumatic Brain Injury, to name a few. This second edition of Sleep and Psychosomatic Medicine is an interdisciplinary, scholarly, authoritative, evidence-based review of the field designed to meet the needs of a wide
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advanced trainees to seasoned professionals.

**The Oxford Handbook of Adult Cognitive Disorders - Robert A. Stern - 2019**

The prevalence of adult cognitive disorders will dramatically rise over the next 25 years due to the aging population. Clinical research on adult cognitive disorders has rapidly evolved, including evidence of new adult cognitive disorders and greater insight into the clinical presentation, mechanism, diagnosis, and treatment of established diseases. The Oxford Handbook of Adult Cognitive Disorders is an up-to-date, scholarly, and comprehensive volume covering most diseases, conditions, and injuries resulting in impairments in cognitive function in adults. Topics covered include normal cognitive and brain aging, the impact of medical disorders and psychiatric illnesses on cognitive function, adult neurodevelopmental disorders, and various neurological conditions. This Oxford Handbook of Adult Cognitive Disorders is a one-of-a-kind resource appropriate for both clinicians and clinical researchers, from advanced trainees to seasoned professionals.
Handbook also provides a section on unique perspectives and special considerations for clinicians and clinical researchers, covering topics such as cognitive reserve, genetics, diversity, and neuroethics. Readers will be able to draw upon this volume to facilitate clinical practice (including differential diagnosis, treatment recommendations, assessment practices), and to obtain an in-depth review of current research across a wide spectrum of disorders, provided by leaders in their fields. The Oxford Handbook of Adult Cognitive Disorders is a one-of-a kind resource appropriate for both clinicians and clinical researchers, from advanced trainees to seasoned professionals.

Sleep Disorders in Children
- Soňa Nevšímalová -
2016-10-03
This book is both an exam guide to children’s sleep medicine and a practical manual for diagnosis and management of sleep disorders in children. An overview of the most frequent sleep disorders encountered in newborns, infants, children and adolescents is provided. This book discusses the main sleep disorders in detail, including insomnia, respiratory disturbances, movement disorders during sleep, circadian rhythm disorders, parasomnias, and disorders associated with increased sleepiness. It also covers sleep disorders associated with neurological, psychiatric, and medical diseases. This book is divided into two parts. The first part is an introduction to childhood sleep physiology and pathology, epidemiology of sleep disorders, and diagnostic procedures. The second part describes the most frequent sleep disorders in greater depth. Sleep Disorders in Children is aimed at sleep researchers, pediatricians, child neurologists and child psychiatrists, as well as patient organizations and families with affected children.

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The Oxford Handbook of Clinical Geropsychology - Nancy A. Pachana - 2014
The Oxford Handbook of Clinical Geropsychology is a landmark publication in this field, providing broad and authoritative coverage of the research and practice issues in the field today, as well as innovations expanding the field's horizons. It includes chapters from the foremost scholars in clinical geropsychology from around the world.
biological, health, and social geropsychology from around the world.

**Handbook of the Psychology of Aging** - K Warner Schaie - 2015-08-19

Handbook of the Psychology of Aging, Eighth Edition, tackles the biological and environmental influences on behavior as well as the reciprocal interface between changes in the brain and behavior during the course of the adult life span. The psychology of aging is important to many features of daily life, from workplace and the family, to public policy matters. It is complex, and new questions are continually raised about how behavior changes with age. Providing perspectives on the behavioral science of aging for diverse disciplines, the handbook explains how the role of behavior is organized and how it changes over time. Along with parallel advances in research methodology, it explicates in great detail patterns and sub-patterns of behavior over the lifespan, and how they are affected by interactions. New topics to the eighth edition include preclinical neuropathology, audition and language comprehension in adult aging, cognitive interventions and neural processes, social interrelations, age differences in the connection of mood and cognition, cross-cultural issues, financial decision-making and capacity, technology, gaming, social networking, and more.

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Marriage, Work, and Family Life in Comparative Perspective - Noriko O. Tsuya - 2003-12-31
When we compare Eastern and Western societies, we find similar economic and social forces at work. But the impact of these on family life reflects differences in cultural history and social context. This volume examines family change in Korea, Japan, and the United States, allowing us
When we compare Eastern and Western societies, we find similar economic and social forces at work. But the impact of these on family life reflects differences in cultural history and social context. This volume examines family change in Korea, Japan, and the United States, allowing us to contrast the collective emphasis of a Confucian social heritage with the individualism of the West. An impressive group of demographers and family sociologists considers such questions as: How do family patterns vary within countries and across societies? How essential are marriage and parenthood? How do levels of contact between middle-aged adults and their parents who live elsewhere differ in East Asian countries and the U.S.? How does female employment vary based on family factors and do these factors affect employment across societies? Policy makers and demographic and family researchers both in the U.S. and Asia will find this book a vital resource for understanding the dynamics of family life in contrasting modern societies.

Contributors: Larry L. Bumpass, Yong-Chan Byun, Minja Kim Choe, Karen Oppenheim Mason, Ronald R. Rindfluss, Noriko O. Tsuya.
Sleep disturbances and sleep deprivation are increasingly common in modern society. Epidemiological methods of investigation have shown that sleep deprivation is associated with a variety of chronic conditions and health outcomes. Sleep medicine is a rapidly growing field of clinical research, affecting people across their lifespan. Relevant to a wide range of specialities including respiratory medicine, neurology, cardiology, and psychiatry, sleep also has a significant impact on the study of epidemiology, public health, and preventive medicine. Sleep, Health, and Society presents epidemiological evidence linking sleep deprivation and understanding the dynamics of family life in contrasting modern societies. Contributors: Larry L. Bumpass, Yong-Chan Byun, Minja Kim Choe, Karen Oppenheim Mason, Ronald R. Rindfluss, Noriko O. Tsuya.

Sleep disturbances and sleep disruption to several chronic conditions, and explores the public health implications with the view to developing preventive strategies. The new edition of Sleep, Health, and Society provides up-to-date information on recently discovered areas of sleep medicine. Fully updated to reflect new research and data, as well as additional new chapters exploring eating patterns, nutrition, pregnancy, cancer, pain, and CBT in relation to sleep. Written by leading experts in the field of sleep medicine, Sleep, Health, and Society is ideal for students and professionals in epidemiology and public health. The research presented would also be valuable to respiratory physicians, neurologists, cardiologists, and psychiatrists who are interested in the impact of sleep disturbances and disorders.

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**Psychiatry, 2 Volume Set**
Allan Tasman - 2015-03-30
Now in a new Fourth Edition, Psychiatry remains the leading reference on all aspects of the current practice and latest developments in psychiatry. From an international team of recognised expert editors and contributors, Psychiatry provides a truly comprehensive overview of the entire field of psychiatry in 132 chapters across two volumes. It includes two new sections, on psychosomatic medicine and collaborative
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Clinical Handbook of Insomnia - Hrayr P. Attarian - 2003-08-29
Expert clinicians and researchers provide practicing primary health care providers the first clinically oriented, comprehensive textbook devoted to the evaluation and treatment of insomnia.
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**Psychiatry** - Allan Tasman - 2015-02-05
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**Sleep Disorders and Sleep Promotion in Nursing Practice** - Dr. Nancy S. Redeker, PhD, RN, FAAN - 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 ìSleep Nursingî text to fill an importantgap 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.
alternative/complimentary 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

health care An instructoris guide is available upon request.

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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.

**Handbook of Behavioral and Cognitive Therapies with Older Adults** - Dolores Gallagher Thompson - 2007-10-12

The purpose of this book is to disseminate "best practice" models of treatment for the common mental health problems of late life, so that evidence-based practice will become the norm (rather than the exception) when working clinically with older adults. Each chapter contains reviews of the empirical literature focusing on studies conducted with elders; then they emphasize how CBT can be applied most effectively to that specific patient population. Case studies illuminate practice recommendations, and issues of diversity are likewise highlighted whenever possible.
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The Oxford Handbook of Clinical Psychology - David H. Barlow Ph.D. - 2010-12-07
The exponential growth of clinical psychology since the late 1960s can be measured in part by the extensive-perhaps exhaustive-literature on the subject. This proliferation of writing has continued into the new century, and the field has come to be defined as much by its many topics as its many voices. The Oxford Handbook of Clinical Psychology synthesizes these decades of literature in one extraordinary volume. Comprising chapters from the foremost scholars in clinical psychology, the authoritative coverage of the research, practice, and policy factors that combine to form today's clinical psychology landscape. In addition to core sections on topics such as training, assessment, diagnosis, and intervention, the handbook includes valuable chapters devoted to new and emerging issues in the clinical field, including health care reforms, cultural factors, and technological innovations and challenges. Each chapter offers a review of the most pertinent literature, outlining current issues and identifying possibilities for future research. Featuring two chapters by Editor David H. Barlow -- one on changes during his own 40-year odyssey in the field, the other projecting ten themes for the future of clinical psychology -- The Oxford Handbook of Clinical Psychology is a landmark publication that is sure to serve as the field's benchmark reference publication for years to come. It is an essential resource for students, clinicians, and
the clinical field, including growing clinical psychology community.

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**Primary Care Sleep Medicine** - James F. Pagel - 2014-09-11

Primary Care Sleep Medicine - A Practical Guide was among the first books to address sleep medicine for a primary care audience. It
Since this title published, oriented to the primary care physician with an interest in sleep disorders medicine. Since this title published, there have been many changes in the sleep field. A new text oriented towards supporting the primary care physician in the practice of sleep medicine is needed; an updated second edition of Primary Care Sleep Medicine – A Practical Guide could fill this knowledge gap. This second edition will include updated information on insomnia medications, post-traumatic stress disorders, home sleep testing protocols, complex sleep apnea and the defined role for primary care physicians in sleep medicine.

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Primary Care Sleep Medicine – A Practical Guide was among the first books to address sleep medicine for a primary care audience. It remains the primary text oriented to the primary care physician with an interest in sleep disorders medicine.

Aging and Mental Health - Daniel L. Segal - 2018-01-18
Fully updated and revised, this new edition of a highly successful text provides students, clinicians, and academics with a thorough introduction to aging and mental health. The third edition of Aging and Mental Health is filled with new updates and features, including the impact of the DSM-5 on diagnosis and treatment of older adults. Like its predecessors, it uses case
chronic pain, housing, to the field of aging and mental health. It also provides both a synopsis of basic gerontology needed for clinical work with older adults and an analysis of several facets of aging well. Introductory chapters are followed by a series of chapters that describe the major theoretical models used to understand mental health and mental disorders among older adults. Following entries are devoted to the major forms of mental disorders in later life, with a focus on diagnosis, assessment, and treatment issues. Finally, the book focuses on the settings and contexts of professional mental health practice and on emerging policy issues that affect research and practice. This combination of theory and practice helps readers conceptualize mental health problems in later life and negotiate the complex decisions involved with the assessment and treatment of those problems. Features new material on important topics including positive mental health, hoarding disorder, caregiving, and ethical and legal concerns Substantially revised and updated throughout, including reference to the DSM-5 Offers chapter-end recommendations of websites for further information Includes discussion questions and critical thinking questions at the end of each chapter Aging and Mental Health, Third Edition is an ideal text for advanced undergraduate and graduate students in psychology, for service providers in psychology, psychiatry, social work, and counseling, and for clinicians who are experienced mental health service providers but who have not had much experience working specifically with older adults and their families.

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negotiate the complex decisions involved with the assessment and treatment of those problems. Features new material on important topics including positive mental health, hoarding disorder, chronic pain, housing, caregiving, and ethical and legal concerns. Substantially revised and updated throughout, including reference to the DSM-5. Offers chapter-end recommendations of websites for further information. Includes discussion questions and critical thinking questions at the end of each chapter. Aging and Mental Health, Third Edition is an ideal text for advanced undergraduate and graduate students in psychology, for service providers in psychology, psychiatry, social work, and counseling, and for clinicians who are experienced mental health service providers but who have not had much experience working specifically with older adults and their families.

**Age and Gender Considerations in**
Written to help identify major gaps in our knowledge of how gender and age affect psychiatric diagnoses and to stimulate much-needed research to fill these gaps, Age and Gender Considerations in Psychiatric Diagnosis serves as both a valuable short-term source for the DSM-V Task Force and its disorder-specific workgroups, and a long-term guide for future studies that will contribute to revised psychiatric classifications in these three areas. Here, 47 experts present findings in three areas of psychiatric research that historically have been neglected but rightfully have received increasing attention in recent years and thus are worthy of investigation into their clinical features, etiology, and course: 1. Significant gender differences in prevalence, symptom profiles, and risk factors for mental disorders, including neurodevelopmental, neurophysiological, and environmental factors for men and women that cut across diagnostic categories—for example, the critical importance of gender in how psychiatric illness develops and presents; DSM’s approach to gender to date; and relevant research findings and gaps in the epidemiology, etiology, and pathophysiology of disorders and the gender-related expression of psychopathology, including the controversial and complex question of whether DSM should have different diagnostic criteria for men and women. 2. Mental disorders in infancy and early childhood, including diagnosis and measurement of psychopathology; PTSD and social and cognitive factors related to the experience of stress; reactive attachment disorder (unique in part because of its specificity to early childhood); mood and anxiety disorders and difficulties in diagnosis; sleep disorders, including two new disorders, Night-Waking Dysomnia and Sleep-Onset Dysomnia; feeding disorders, including the need to address...
(especially given the alleged U.S. epidemic of obesity); early childhood manifestations of behavior disorders; and early symptoms and diagnosis of autism. 3. Mental disorders in the elderly, such as dementia and depression, once considered normal consequences of aging but now understood to represent mental disorders, including the need to identify specific brain structure abnormalities, biomarkers, and the many contributing biological, psychosocial, and environmental factors of mental illness in late life and to understand their roles in the elderly to better diagnose and monitor disease progression. Written for clinicians and researchers alike, this thought-provoking compendium contributes critical information that helps enhance our understanding of the causes of mental disorders, develop effective preventive and treatment interventions, and inform future editions of DSM and ICD.

Age and Gender Considerations in Psychiatric Diagnosis - William E. Narrow - 2008-05-20
Written to help identify major gaps in our knowledge of how gender and age affect psychiatric diagnoses and to stimulate much-needed research to fill these gaps, Age and Gender Considerations in Psychiatric Diagnosis serves as both a valuable short-term source for the DSM-V Task Force and its disorder-specific workgroups, and a long-term guide for future studies that will contribute to revised psychiatric classifications in these three areas. Here, 47 experts present findings in three areas of psychiatric research that historically have been neglected but rightfully have received increasing attention in recent years and thus are worthy of investigation into their clinical features, etiology, and course: 1. Significant gender differences in prevalence, symptom profiles, and risk factors for mental disorders,
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This issue of Clinics in Chest Medicine, guest-edited by Dr. Margaret Pisani, is focused on Gender and Respiratory Disease. Topics discussed in this issue include but are not limited to: What are sex and gender and how can we study their impact in respiratory disease?, Sex differences in respiratory physiology, Impact of gender on social determinants of health, Gender differences in obstructive sleep apnea, Impact of gender on sleep disorders across the lifespan, Differences between men and women with COPD, Women and Lung Cancer, Pulmonary considerations in pregnant women and Asthma in women-gender specific considerations.

Noninvasive Ventilation in Medicine - Mayank Vats - 2019-02

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Kaplan & Sadock's Synopsis of Psychiatry -
shifted. Time, the ultimate scarce resource, has become an increasingly contested battle zone in American life, with work, family, and personal obligations pulling individuals in conflicting directions. In Fighting for Time, editors Cynthia Fuchs Epstein and Arne Kalleberg bring together a team of distinguished sociologists and management analysts to examine the social construction of time and its importance in American culture. Fighting for Time opens with an exploration of changes in time spent at work—both when people are on the job and the number of hours they spend there—and the consequences of those changes for individuals and families. Contributors Jerry Jacobs and Kathleen Gerson find that the relative constancy of the average workweek in America over the last thirty years hides the fact that blue-collar workers are putting in fewer hours while more educated white-collar workers are putting in more. Rudy Fenwick and Mark Tausig look at the effect of
much time on activities that workers' health and family life. They find that working unconventional hours can increase family stress, but that control over one's work schedule improves family, social, and health outcomes for workers. The book then turns to an examination of how time influences the organization and control of work. The British insurance company studied by David Collinson and Margaret Collinson is an example of a culture where employees are judged on the number of hours they work rather than on their productivity. There, managers are under intense pressure not to take legally guaranteed parental leave, and clocks are banned from the office walls so that employees will work without regard to the time. In the book's final section, the contributors examine how time can have different meanings for men and women. Cynthia Fuchs Epstein points out that professional women and stay-at-home fathers face social disapproval for spending too do not conform to socially prescribed gender roles—men are mocked by coworkers for taking paternity leave, while working mothers are chastised for leaving their children to the care of others. Fighting for Time challenges assumptions about the relationship between time and work, revealing that time is a fluid concept that derives its importance from cultural attitudes, social psychological processes, and the exercise of power. Its insight will be of interest to sociologists, economists, social psychologists, business leaders, and anyone interested in the work-life balance.

**Fighting For Time** - Cynthia Fuchs Epstein - 2004-08-11

Though there are still just twenty-four hours in a day, society's idea of who should be doing what and when has shifted. Time, the ultimate scarce resource, has become an increasingly contested battle zone in American life, with work, family, and personal obligations pulling...
schedule improves family, directions. In Fighting for Time, editors Cynthia Fuchs Epstein and Arne Kalleberg bring together a team of distinguished sociologists and management analysts to examine the social construction of time and its importance in American culture. Fighting for Time opens with an exploration of changes in time spent at work—both when people are on the job and the number of hours they spend there—and the consequences of those changes for individuals and families. Contributors Jerry Jacobs and Kathleen Gerson find that the relative constancy of the average workweek in America over the last thirty years hides the fact that blue-collar workers are putting in fewer hours while more educated white-collar workers are putting in more. Rudy Fenwick and Mark Tausig look at the effect of nonstandard schedules on workers' health and family life. They find that working unconventional hours can increase family stress, but that control over one's work schedule improves family, social, and health outcomes for workers. The book then turns to an examination of how time influences the organization and control of work. The British insurance company studied by David Collinson and Margaret Collinson is an example of a culture where employees are judged on the number of hours they work rather than on their productivity. There, managers are under intense pressure not to take legally guaranteed parental leave, and clocks are banned from the office walls so that employees will work without regard to the time. In the book's final section, the contributors examine how time can have different meanings for men and women. Cynthia Fuchs Epstein points out that professional women and stay-at-home fathers face social disapproval for spending too much time on activities that do not conform to socially prescribed gender roles—men are mocked by coworkers for taking paternity leave, while working mothers are
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**Wild Nights** - Benjamin Reiss - 2017-03-07
Why the modern world forgot how to sleep Why is sleep frustrating for so many people? Why do we spend so much time and money managing and medicating it, and training ourselves and our children to do it correctly? In Wild Nights, Benjamin Reiss finds answers in sleep's hidden history--one that leads to our present, sleep-obsessed society, its tacitly accepted rules, and their troubling consequences. Today we define a good night's sleep one shot, sealed off in private bedrooms, children apart from parents. But for most of human history, practically no one slept this way. Tracing sleep's transformation since the dawn of the industrial age, Reiss weaves together insights from literature, social and medical history, and cutting-edge science to show how and why we have tried and failed to tame sleep. In lyrical prose, he leads readers from bedrooms and laboratories to factories and battlefields to Henry David Thoreau's famous cabin at Walden Pond, telling the stories of troubled sleepers, hibernating peasants, sleepwalking preachers, cave-dwelling sleep researchers, slaves who led nighttime uprisings, rebellious workers, spectacularly frazzled parents, and utopian dreamers. We are hardly the first people, Reiss makes clear, to chafe against our modern rules for sleeping. A stirring testament to sleep's diversity, Wild Nights offers a profound reminder that in the vulnerability of slumber we
insights from literature, social
By peeling back the covers of
history, Reiss recaptures
sleep's mystery and grandeur
and offers hope to weary
readers: as sleep was
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This book serves as a comprehensive reference for the basic principles of caring for older adults, directly corresponding to the key competencies for medical student and residents. These competencies are covered in 10 sections, each with chapters that target the skills and knowledge necessary for achieving competency. Each of the 45 chapters follow a consistent format for ease of use, beginning with an introduction to the associated competency and concluding with the most salient points for mastery. Chapters also includes brief cases to provide context to the clinical reasoning behind the competency, strengthening the core understanding necessary to physicians of the future. Written by expert educators and clinicians in geriatric medicine, Geriatric Practice is key resource for students in geriatric medicine, family and internal medicine, specialties, hospice and nursing home training, and all clinicians studying to work with aging patients.

Geriatric Practice - Audrey Chun - 2019-10-29
This book serves as a comprehensive reference for the basic principles of caring for older adults, directly corresponding to the key competencies for medical student and residents. These competencies are covered in 10 sections, each with chapters that target the skills and knowledge necessary for achieving competency. Each of the 45 chapters follow a consistent format for ease of use, beginning with an introduction to the associated competency and concluding with the most salient points for mastery. Chapters also includes brief cases to provide context to the clinical reasoning behind the competency, strengthening the core understanding necessary to physicians of the future. Written by expert educators and clinicians in geriatric medicine, Geriatric Practice is key resource for students in geriatric medicine, family and internal medicine, specialties, hospice
Population-Based Nutrition Epidemiology - Demosthenes Panagiotakos - 2021-01-29
Nutritional epidemiology examines dietary or nutritional factors in relation to the occurrence of disease in various populations. It is a fact that substantial progress has been made in recent years in nutritional epidemiology. Compared to the practice during the 1990s, and with the improvements in data analytics, several new approaches are gaining ground. Results from a variety of large-scale studies in the field of nutrition epidemiology have substantially contributed toward the evidence used in guiding dietary recommendations for the prevention of cardiovascular diseases, metabolic disorders, some types of cancer, and other morbidities. In this Special Issue, we would like to bring readers closer to the state-of-the-art in the field by gathering papers covering different aspects of nutrition based observational studies. Topics of the submitted articles may, but not necessarily, include eating habits of various populations, especially of those not well-studied, such as in Africa, Oceania, South Americas, immigrants, minorities, as well as a variety of associations between nutrients/foods/food patterns and chronic diseases, like cardiovascular, diabetes, obesity, cancer, etc., and gene-nutrient and epigenome-nutrient interactions related to human health at all ages.
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Epidemiology of Naps
James Patrick Soeffing - 2010

Common knowledge supports the belief that occasional napping is a ubiquitous human behavior, yet epidemiological reports on napping vary in methodological quality and tend to focus on specific subgroups of the lifespan. A notable weakness in the napping literature is a lack of data on African Americans, and an ongoing question is whether daytime napping has a negative impact on nighttime sleep. Given these limitations in the literature another study seemed warranted. The present study uses a high quality epidemiological data set collected via random digit dialing that includes 50 men and women in each age decade ranging from 20 to 80+, and a substantial proportion of African Americans, to answer the following questions. What is typical napping Behavior? Are there ethnic or gender differences in napping
methodological quality and behavior change across the adult lifespan? Do persons with insomnia nap more than normal sleepers? Is there a relation between daytime napping and quality of nighttime sleep? The results suggested that a majority of people nap and naps are more frequent in African Americans and persons with insomnia, with older adults napping more frequently, but taking briefer naps. A significant relation was also found between daytime napping and nighttime sleep with daytime napping relating to increased onset latency and decreased total sleep time on the following night but with daytime napping also relating to increased wake time in the middle of the night and decreased total sleep time on the previous night.

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Each chapter thoroughly addresses a unique sleep disorder in teenagers through illustrative cases, reviews of relevant literature, and pearls of wisdom for both the practicing sleep specialist and other practitioners involved in the care of adolescents. Early chapters address various sleep disorders in detail: parasomnias, narcolepsy, obstructive sleep apnea, and delayed sleep-wake phase disorder, providing clear treatment considerations. Later chapters address sleep when complicated by issues of major depression, PTSD, epilepsy, and Traumatic Brain Injury. In-depth discussions and differential diagnosis engage the reader, and offer a multitude of research-based and clinically guided recommendations for the evaluation and treatment of sleep disorders in the adolescent. An ideal, practical resource for clinicians at all levels, Sleep Disorders In Adolescents provides a valuable contribution to adolescent care.

Sleep Disorders in Adolescents - Sanjeev V. Kothare - 2016-09-21
This clinical casebook presents a comprehensive review of common sleep problems in adolescents in a concise, easy-to-read format.

Sleep in the Military - Wendy M. Troxel - 2015-04-30
"Rand National Defense Research Institute."

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Neurologic Aspects of Systemic Disease - José Biller - 2014-01-09
Systemic disease involves several parts of the body or the complete system. Neurologic Aspects of Systemic Disease, a three-part volume in the Handbook of Clinical Neurology series, focuses on the specific neurologic aspects of systemic disease. Part 1 includes detailed coverage of cardiovascular disease, pulmonary diseases, renal diseases, and rheumatologic and musculoskeletal disease. Each chapter provides a complete introduction to the neurologic aspect and provides best known diagnostic and treatment practices. The collection is a valuable and trusted resource for clinical neurologists, research neurologists, neuroscientists, and general medical professionals; a first stop for a focused review of
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