

Sleep Quality Index

Alvan R. Feinstein

STOP, THAT and One Hundred Other Sleep Scales Azmeh Shahid, Kate Wilkinson, Shai Marcu, Colin M Shapiro, 2012-01-06

There are at least four reasons why a sleep clinician should be familiar with rating scales that evaluate different facets of sleep. First, the use of scales facilitates a quick and accurate assessment of a complex clinical problem. In three or four minutes (the time to review ten standard scales), a clinician can come to a broad understanding of the patient in question. For example, a selection of scales might indicate that an individual is sleepy but not fatigued; lacking alertness with no insomnia; presenting with no symptoms of narcolepsy or restless legs but showing clear features of apnea; exhibiting depression and a history of significant alcohol problems. This information can be used to direct the consultation to those issues perceived as most relevant, and can even provide a springboard for explaining the benefits of certain treatment approaches or the potential corollaries of allowing the status quo to continue. Second, rating scales can provide a clinician with an enhanced vocabulary or language, improving his or her understanding of each patient. In the case of the sleep specialist, a scale can help him to distinguish fatigue from sleepiness in a patient, or elucidate the differences between sleepiness and alertness (which is not merely the inverse of the former). Sleep scales are developed by researchers and clinicians who have spent years in their field, carefully honing their preferred methods for assessing certain brain states or characteristic features of a condition. Thus, scales provide clinicians with a repertoire of questions, allowing them to draw upon the extensive experience of their colleagues when attempting to tease apart nuanced problems. Third, some scales are helpful for tracking a patient's progress. A particular patient may not remember how alert he felt on a series of different stimulant medications. Scale assessments administered periodically over the course of treatment provide an objective record of the intervention, allowing the clinician to examine and possibly reassess her approach to the patient. Finally, for individuals conducting a double-blind crossover trial or a straightforward clinical practice audit, those who are interested in research will find that their own clinics become a source of great discovery. Scales provide standardized measures that allow colleagues across cities and countries to coordinate their practices. They enable the replication of previous studies and facilitate the organization and dissemination of new research in a way that is accessible and rapid. As the emphasis placed on evidence-based care grows, a clinician's ability to assess his or her own practice and its relation to the wider medical community becomes invaluable. Scales make this kind of standardization possible, just as they enable the research efforts that help to formulate those standards. The majority of Rating Scales in Sleep and

Sleep Disorders:100 Scales for Clinical Practice is devoted to briefly discussing individual scales. When possible, an example of the scale is provided so that readers may gain a sense of the instrument's content. Groundbreaking and the first of its kind to conceptualize and organize the essential scales used in sleep medicine, Rating Scales in Sleep and Sleep Disorders:100 Scales for Clinical Practice is an invaluable resource for all clinicians and researchers interested in sleep disorders.

Sleep and Health Risk Jörg H. Peter,Thomas Penzel,Thomas Podszus,Peter v. Wichert,1991-03-26 A representative cross section of the latest work in sleep research is presented in this book based on the international symposium Sleep and Health Risk held in Marburg in 1989. Clinical work, basic research and methodology are described by leading specialists in the field. The clinical topics cover both the diagnosis and therapy of various sleep and sleep-related disturbances. The methodology section includes the newest observation and analysis techniques. Other sections discuss neurological aspects, sleep-related breathing disorders, occupational medicine, cardiovascular diseases, pediatrics, endocrinology and the psychiatry of insomnia.

Encyclopedia of Behavioral Medicine Marc D. Gellman,J. Rick Turner,

Sleep/wake Disorders Christian Guilleminault,Elio Lugaresi,1983

Before the Fires Mark Naison,Bob Gumbs,2016-09-01 Residents of the South Bronx during its promising postwar decades tell their stories in their own words. In the 1930s, word spread in Harlem that there were spacious apartments for rent in the Morrisania section of the Bronx. Landlords, desperate to avoid foreclosure, began putting signs in windows and placing ads in New York's black newspapers that said "We rent to select colored families"—by which they meant those with a securely employed wage earner and light complexions. Black families moved in by the score, beginning a period in which the Bronx served as a borough of hope and upward mobility. Chronicling a time when African Americans were suspended between the best and worst possibilities of New York City, *Before the Fires* tells the personal stories of men and women who lived in the South Bronx before the social and economic decline of the late 1960s. Located on a hill overlooking a large industrial district, Morrisania offered migrants from Harlem, the South, and the Caribbean an opportunity to raise children in a neighborhood with better schools, strong churches, more shopping, less crime, and clean air. It also boasted vibrant music venues, giving rise to such titans as Herbie Hancock, Eddie Palmieri, Valerie Simpson, the Chantels, and Jimmy Owens. Rich in detail, these interviews describe growing up and living in communities rarely mentioned in other histories. *Before the Fires* captures the

optimism of the period—as well as the heartache of what was lost in the urban crisis and the burning of the Bronx. “Excellent . . . profound, moving.”

—Robert W. Snyder, Rutgers University, Newark

Sleep and Quality of Life in Clinical Medicine Joris C. Verster, S. R. Pandi-Perumal, David L. Streiner, 2008-02-20 Many patients experience sleep disturbances secondary to their primary illness and this often has a negative effect on their quality of life. This book provides an evidence-based introduction to the interface between sleep wide range of medical disorders. A clinically focused, comprehensive review for physicians and other health providers, this state-of-the-art reference can also serve as a textbook for those who wish to become familiar with the impact of sleep on quality of life.

Treatment of Late-Life Insomnia Kenneth L. Lichstein, Charles M. Morin, 2000-03-21 Treatment of Late Life Insomnia is an extremely valuable, authoritative and comprehensive resource not only for practitioners of sleep medicine but also for any health-care practitioner who finds themselves working with the elderly population. —Michael V. Vitiello, Ph.D. Professor, Psychiatry and Behavioral Sciences, University of Washington & Editor in Chief (for the Americas) of Sleep Medicine Reviews Insomnia occurs among older adults (65+ years) at a rate 50% to 100% higher than in younger age groups, and the consequences of insomnia in the elderly are much more severe than in younger age groups. Elders who exhibit a chronic pattern of insomnia dwell on their anticipation of a poor night's sleep. In many cases, this worry takes on an obsessive quality that degrades multiple aspects of the individual's life. In the past decade there has been a great deal of clinical research directed toward the development of effective interventions for insomnia among older adults. Methods of insomnia assessment have been developed and key diagnostic issues have crystallized. Yet until now, no book has gathered together this flourishing body of literature. Treatment of Late-Life Insomnia provides a comprehensive research/clinical accounting of insomnia treatment in older adults. The first section of the book, Overview, describes typical normal and disturbed sleep patterns in older adults, demographics, and methods of evaluation and differential diagnosis. The core of the book, the middle section, entitled Intervention Strategies, reviews the clinical outcome research of the major treatments for late-life insomnia and teaches the clinical procedures in the style of a clinical handbook. The final section, Special Treatment Topics, explores cutting-edge research and methods of clinical management for pressing topics in late-life insomnia that have only recently attracted systematic investigation. This book is geared toward students, scientists, and health practitioners engaged in the areas of geriatrics, sleep disorders, and behavioral medicine. These disciplines cut across a wide variety of professional groups that would find such a book

useful, including psychology, psychiatry, counseling, internal medicine, geriatric medicine, nursing, and social work.

Handbook of Assessment in Clinical Gerontology Peter A. Lichtenberg, 2010-08-20 New trends in mental healthcare practice and a rapid increase in the aged population are causing an explosion in the fields of clinical gerontology and geropsychology today. This comprehensive second edition handbook offers clinicians and graduate students clear guidelines and reliable tools for assessing general mental health, cognitive functioning, functional age, psychosocial health, comorbidity, behavior deficits, and more. Psychopathology, behavioral disorders, changes in cognition, and changes in everyday functioning are addressed in full, and a wide range of conditions and disorders common to this patient population are covered. Each chapter provides an empirical review of assessment instruments, assessment scales in their totality, a review of how these instruments are used with and adapted for different cultural groups, illustration of assessments through case studies, and information on how to utilize ongoing assessment in treatment and/or treatment planning. This combination of elements will make the volume the definitive assessment source for clinicians working with elderly patients. The most comprehensive source of up-to-date data on gerontological assessment, with review articles covering: psychopathology, behavioral disorders, changes in cognition, and changes in everyday functioning Consolidates broadly distributed literature into single source, saving researchers and clinicians time in obtaining and translating information and improving the level of further research and care they can provide Chapters directly address the range of conditions and disorders most common for this patient population - i.e. driving ability, mental competency, sleep, nutrition, sexual functioning, demntias, elder abuse, depression, anxiety disorders, etc Fully informs readers regarding conditions most commonly encountered in real world treatment of an elderly patient population Each chapter cites case studies to illustrate assessment techniques Exposes reader to real-world application of each assessment discussed

Sleep Disorders and Sleep Deprivation Institute of Medicine, Board on Health Sciences Policy, Committee on Sleep Medicine and Research, 2006-10-13 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 somnology and sleep medicine 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 in the ICU Nancy A. Collop, 2008

Headache and Migraine Biology and Management Seymour Diamond, 2015-03-13 There are two crucial issues in the treatment and management of headache patients: More than 50% of individuals experiencing headache have only been treated symptomatically, with no appropriate diagnosis established; and history and neurologic examination are essential to establishing a diagnosis, and thus selecting appropriate therapy. *Headache and Migraine Biology and Management* is a practical text that addresses these issues, featuring contributions from expert clinical authors. The book covers in detail topics including chronic and episodic migraine, post-traumatic headache, sinus headache, cluster headache, tension headache, and others. Chapters are also dedicated to treatment subjects, including psychiatric and psychological approaches, medication overuse, inpatient treatment, and pediatric issues. This book is an ideal resource for researchers and clinicians, uniting practical discussion of headache biology, current ideas on etiology, future research, and genetic significance and breakthroughs. This resource is useful to those who want to understand headache biology, treat and manage symptoms, and for those performing research in the headache field. A practical discussion of headache biology, current ideas on etiology, future research, and genetic significance and breakthroughs Features chapters from leading physicians and researchers in headache medicine Full-color text that includes both an overview of multiple disciplines and discusses the measures that can be used to treat headaches

Sleep Disorders and Psychiatry Daniel J. Buysse, 2007-05-03 Sleep and wakefulness are fundamental behavioral and neurobiological states that characterize all higher animals, including human beings. Concise yet comprehensive, *Sleep Disorders and Psychiatry*, the latest volume in American Psychiatric Publishing's popular *Review of Psychiatry Series*, presents the cumulative experience of 12 experts who talk about what sleep is and why

sleep is essential to maintaining good health, summarizing the major categories of sleep disorders and detailing how virtually every psychiatric disorder and a wide variety of medical illnesses adversely affect sleep. *Sleep Disorders and Psychiatry* is the ideal companion to busy psychiatric clinicians because it is Comprehensive, covering all information of particular relevance to psychiatric clinicians. Enhanced by numerous tables and illustrations that make it easy to understand and reference while on the go during everyday practice. Clearly structured and easy to understand, with chapters organized according to the major categories of sleep disorders most likely to be encountered in psychiatric clinical practice. The fascinating introduction discusses the functions of sleep and the consequences of sleep deprivation, including the complex neurobiology of circadian rhythms, sleep and wakefulness, the clinical assessment and management of sleep and circadian rhythm disorders, and the pros and cons of tools for taking an accurate history. Each of the six subsequent chapters in *Sleep Disorders and Psychiatry* follows the same format by detailing the definitions and clinical description, epidemiology, etiology and pathogenesis, and treatment for a major category of sleep disorder: insomnia, sleep apnea, narcolepsy and syndromes of central nervous system-mediated sleepiness, restless legs syndrome, parasomnias, and circadian rhythm sleep disorders. Further, *Sleep Disorders and Psychiatry* provides psychiatrists with the tools necessary to embark upon exciting collaborations with specialists from other areas of clinical medicine (psychologists, pulmonologists, neurologists and surgeons). Given the importance of behavioral and psychopharmacologic interventions in managing sleep disorders, psychiatrists can often make valuable contributions to the care of medically ill patients with these conditions. Abundantly referenced and illustrated, *Sleep Disorders and Psychiatry* is the ultimate practical resource for busy clinicians interested in the broad and growing field of sleep disorders.

Research in Occupational Stress and Well being Sabine Sonnetag, Pamela L. Perrewé, Daniel C. Ganster, 2009-04-21 Focuses on processes related to recovery and unwinding from job stress. This book demonstrates that recovery research is a very promising approach for understanding the processes of job stress and relieve from job stress more fully.

Music and Public Health Lars Ole Bonde, Töres Theorell, 2018-05-23 From the Nordic countries (Denmark, Norway, Sweden and Finland) comes an exciting source of theoretical approaches, epidemiological findings, and real-life examples regarding the therapeutic and health-enhancing effects of music. Experts across fields including psychology, neurology, music therapy, medicine, and public health review research on the benefits of music in

relieving physiological, psychological, and socioemotional dysfunction. Chapters link musical experiences (listening and performing, as well as involvement in movement, dance, and theatre) to a wide range of clinical and non-clinical objectives such as preventing isolation, regulating mood, reducing stress and its symptoms, and treating dementia. And the book's section on innovative music-based interventions illustrates opportunities for incorporating musical activities into public health programs. Among the topics covered are: · Associations between the use of music, cultural participation and health-related outcomes in adult Scandinavian populations · Music practice and emotion handling · How music translates itself biologically in the body · Music as a forum for social-emotional health · Participation and partnership as core concepts in music and public health · Music therapy as health promotion for mothers and children at a public health clinic Music and Public Health will gain interested readers among researchers, teachers, students, and clinicians in the fields of music education and therapy, as well as researchers and students of public health who are interested in the influence of culture and the arts. The book also will be relevant to administrators in public health services.

Essentials of Pain Medicine and Regional Anesthesia Honorio T. Benzon, 2005 Here's an accessible and concise, yet complete overview of today's theory and practice of pain medicine and regional anesthesia. From basic considerations through the evaluation and management of a full range of specific pain syndromes, including cancer pain, you'll find all of the knowledge that's necessary for certification and practice.--BOOK JACKET.

Clinical Geriatric Psychopharmacology Carl Salzman, 2005 Thoroughly updated for its Fourth Edition, this volume is the most authoritative clinical reference on the pharmacologic treatment of psychiatric disorders in elderly patients. This edition provides complete information on new psychotropic drugs, new uses for established drugs, and clinically relevant advances in the neurosciences. Four new chapters cover genes, pharmacokinetics, and their impact on prescribing; new cognitive-enhancing strategies and drugs; late-life depression and physical illness; and depression and cardiac disease in late life. The book offers detailed guidelines—including drug names, dosages, and prescribing recommendations—for pharmacologic treatment of specific disorders. Chapters include clinical vignettes and tables presenting current clinical trial data. Appendices provide succinct information on prescribing and drug interactions.

Sleep in the Military Wendy M. Troxel, Regina A. Shih, Eric R. Pedersen, Michael P. Fisher, 2015-04-30 Rand National Defense Research Institute.

Clinimetrics Alvan R. Feinstein, 1987-01-01

Exercise Oncology Kathryn H. Schmitz, 2020-05-04 This groundbreaking book presents a unique and practical approach to the evolving field of exercise oncology - the study of physical activity in the context of cancer prevention and control. Presenting the current state of the art, the book is sensibly divided into four thematic sections. Following an opening chapter presenting an overview and timeline of exercise oncology, the chapters comprising part I discuss primary cancer prevention, physical activity and survivorship, and the mechanisms by which these operate. Diagnosis and treatment considerations are discussed in part II, including prehabilitation, exercise during surgical recovery, infusion and radiation therapies, and treatment efficacy. Post-treatment and end-of-life care are covered in part III, including cardio-oncology, energetics and palliative care. Part IV presents behavioral, logistical and policy-making considerations, highlighting a multidisciplinary approach to exercise oncology as well as practical matters such as reimbursement and economics. Written and edited by experts in the field, Exercise Oncology will be a go-to practical resource for sports medicine clinicians, family and primary care physicians, oncologists, physical therapy and rehabilitation specialists, and all medical professionals who treat cancer patients.

Quality of Life Peter M. Fayers, David Machin, 2013-05-23 Quality of life studies form an essential part of the evaluation of any treatment. Written by two authors who are well respected within this field, *Quality of Life: The Assessment, Analysis and Interpretation of Patient-reported Outcomes*, Second Edition lays down guidelines on assessing, analysing and interpreting quality of life data. The new edition of this standard book has been completely revised, updated and expanded to reflect many methodological developments emerged since the publication of the first edition. Covers the design of instruments, the practical aspects of implementing assessment, the analyses of the data, and the interpretation of the results Presents all essential information on Quality of Life Research in one comprehensive volume Explains the use of qualitative and quantitative methods, including the application of basic statistical methods Includes copious practical examples Fills a need in a rapidly growing area of interest New edition accommodates significant methodological developments, and includes chapters on computer adaptive testing and item banking, choosing an instrument, systematic reviews and meta analysis This book is of interest for everyone involved in quality of life research, and it is applicable to medical and non-medical, statistical and non-statistical readers. It is of particular relevance for clinical and biomedical researchers within both the pharmaceutical industry and practitioners in the fields of cancer and other chronic diseases. Reviews of the First Edition – Winner of the first prize in the Basis of Medicine Category of the BMA Medical

Book Competition 2001: “This book is highly recommended to clinicians who are actively involved in the planning, analysis and publication of QoL research.” CLINICAL ONCOLOGY “This book is highly recommended reading.” QUALITY OF LIFE RESEARCH

Sleep Quality Index Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Sleep Quality Index**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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