



Insomnia, An Issue of Sleep Medicine Clinics, 1e (The Clinics: Internal Medicine)

Thomas Roth PhD

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Insomnia, defined as trouble falling asleep or staying asleep, is a common problem. Occasional insomnia is experienced by more than a third of American adults, and chronic insomnia is known to effect more than one in ten. This issue reviews epidemiology, evaluation, consequences, psychiatric and medical co-morbidities, and various therapies for insomnia. This comprehensive review of the topic will be a must-read for any physician treating sleep disorders.

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