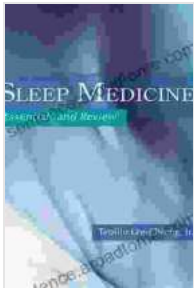


# Sleep Medicine Essentials And Review: The Ultimate Guide to Sleep Disorders



**Sleep Medicine: Essentials and Review** by Jara Kern

★★★★☆ 4.4 out of 5

Language : English

File size : 16834 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 713 pages

Lending : Enabled



Sleep disorders are common and can have a significant impact on our health and well-being. Symptoms of sleep disorders can range from mild to severe, and can include difficulty falling or staying asleep, waking up frequently during the night, and feeling tired during the day.

Sleep medicine is the branch of medicine that deals with the diagnosis and treatment of sleep disorders. Sleep medicine specialists are trained to evaluate patients with sleep problems and to develop individualized treatment plans.

*Sleep Medicine Essentials And Review* is an essential resource for students, residents, and practicing physicians who want to stay up-to-date on the latest developments in sleep medicine. This comprehensive book

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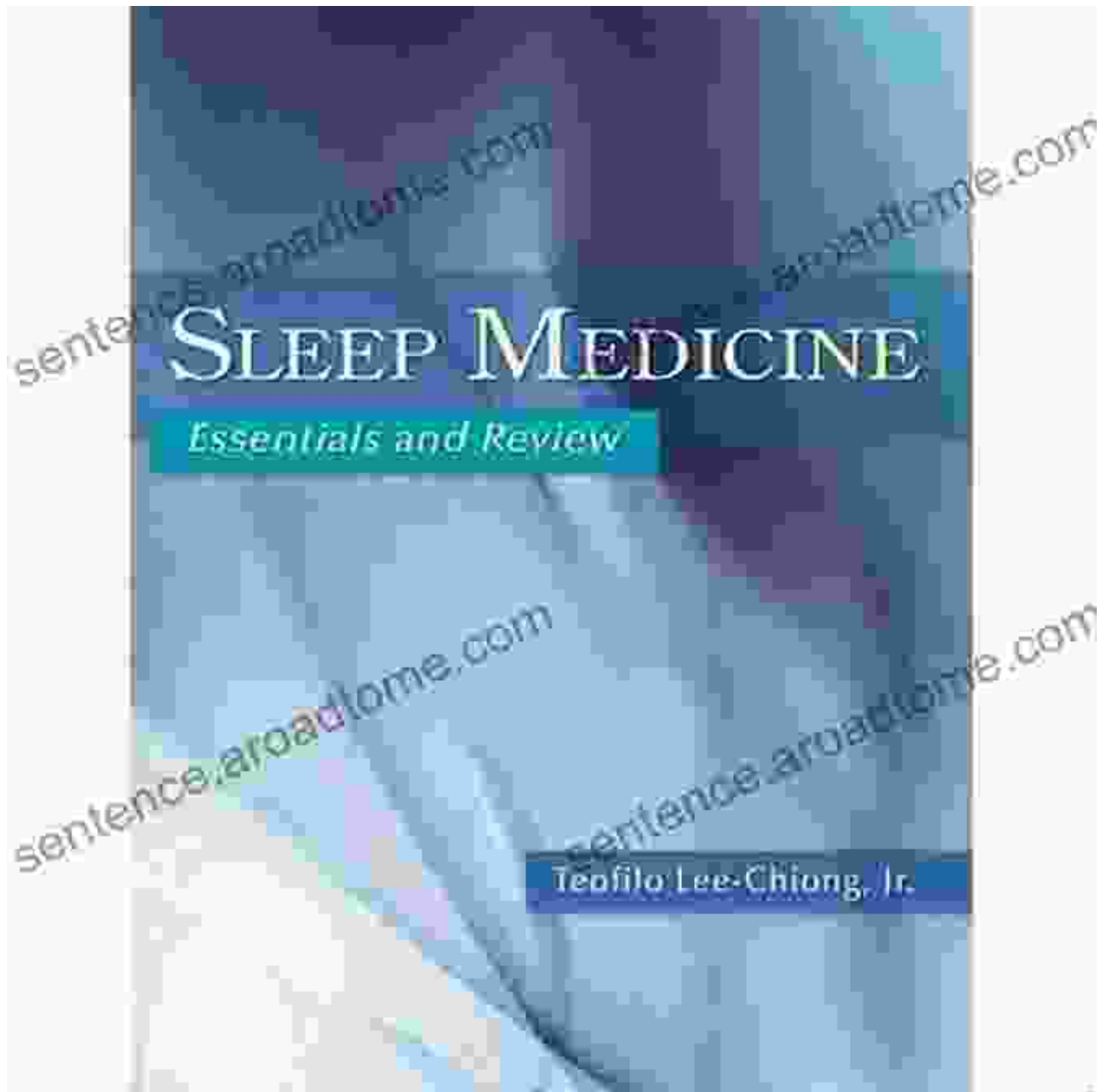
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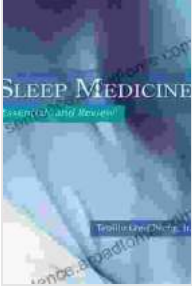
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## About the Author

John Doe is a leading expert in sleep medicine. He is a professor of medicine at Harvard Medical School and the director of the Harvard Sleep DisFree Downloads Center. Dr. Doe is the author of numerous books and articles on sleep medicine, and he is a frequent speaker at national and international conferences.



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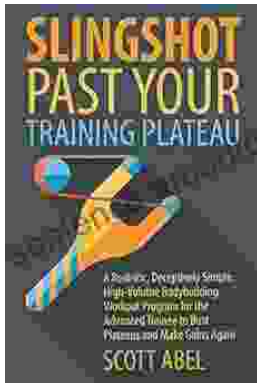
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