A clinical guide to pediatric sleep.
Diagnosis and management of sleep problems

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Jodi A. Mindell, Ph.D., is the associate director of the Sleep Center at the Children’s Hospital of Philadelphia and a Professor of Psychology at Saint Joseph's University and of pediatrics at the University of Pennsylvania School of Medicine. She has been helping children with sleep disorders for more than 25 years with areas of expertise in behavioral treatment of pediatric sleep disorders, infant and toddler sleep disturbances. Her approach is often described as a “kinder, gentler” version of Richard Ferber’s method. She is admired for her nonjudgmental attitude toward parents and for her practical recommendations for helping children overcome common sleep problems. She is also the author of Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night’s Sleep and Take Charge of Your Child’s Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens.

Judith A. Owens, MD, MPH, is the Director of the Pediatric Sleep Disorders Clinic at Hasbro Children’s Hospital and the Learning, Attention, and Behavior Program at Rhode Island Hospital and Associate Professor Pediatrics at the Brown University School of Medicine. She is an internationally recognized authority on pediatric sleep and the author of numerous original research and review articles in peer-review journals on the topic. Her particular research interest is in the neurobehavioral and health consequences of sleep problems in children. As a recipient of a 5-year NIH grant in sleep education, the Sleep Academic Award, she has developed educational materials for the Brown University School of Medicine, as well as the American Academy of Sleep Medicine (AASM). She is currently Chair of the Pediatric Section of AASM.

These third edition of the book offer information about the pervasive effect that sleep problems have on children’s and family and the multiple ways in which they impact clinical pediatric practice. Also the purpose of this book is to synthesize new state-of-the-art information about the etiology, clinical assessment tools and management of specific sleep disorders in child and adolescents in an accessible format. In addition diagnostic criteria are reviewed according International Classification of Sleep Disorders, 3rd edition (ICSD 3, 2014) and Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5, 2013), including new practice guidelines from the American Academy of Sleep Medicine and the American Academy of Pediatrics.

The book is divided in to four sections with extensive appendices of handouts for healthcare practitioners to give parents. Information is organized by specific disorder and by the most frequent presenting complaints. Symptom-based algorithms will enable practitioners to evaluate sleep complaints in a stepwise manner. Other features include symptom checklists for specific disorders and chapters on sleep problems in special populations.

Section I present information about developmental aspects of the sleep and commonly experiences sleep problems for each age group, epidemiology of sleep disorders and basic approaches to evaluate these problems (including a new chapter of polysomnography).

Section II provides comprehensive information on the etiology, evaluation, treatment, management and prognosis for each of the most common pediatric sleep disorders. Also it offers symptom based algorithm based on the three most common presentations of sleep problems in the clinical setting.

Section III discusses about pharmacology, including sedative, hypnotics and melatonin, in children and medication effects on sleep.

Section IV presented information in sleep problems in special population, including children with neurodevelopmental disorders and pediatric patients with a comorbid medical and psychiatric disorders.

This is one of the most comprehensive, yet compact and easy-to-read books on sleep disorders in children. It is an important and necessary resource for every practicing pediatrician and pediatric primary care provider. It will immensely help pediatric care providers as well as parents enhance their knowledge in diagnosis and early management of sleep disorders in children. This book is must for every pediatric care provider.

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