



Fundamentals of Sleep Technology: Endorsed by the American Association of Sleep Technologists (AAST)

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This text provides a thorough understanding of the use of polysomnography and other technologies in the evaluation and management of sleep disorders. Coverage includes in-depth reviews of the neurophysiology and cardiopulmonary aspects of sleep and the pathophysiology of sleep disorders. Detailed sections on polysomnography include recording procedures, identifying and scoring sleep stages and sleep-related events, and report generation. Chapters discuss therapeutic interventions including positive airway pressure, supplemental oxygen, surgical and pharmacologic treatments, and patient education. A section focuses on pediatric sleep disorders and polysomnography. Also included are chapters on establishing and managing a sleep center and accrediting a sleep program.

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Fundamentals of Sleep Technology: Endorsed by the American Association of Sleep Technologists (AAST) From Brand: Lippincott Williams Wilkins Bibliography

- Sales Rank: #1265826 in Books
- Brand: Brand: Lippincott Williams Wilkins
- Published on: 2007-05-14
- Original language: English
- Number of items: 1
- Dimensions: .99" h x 8.57" w x 10.97" l, 3.90 pounds
- Binding: Hardcover
- 710 pages

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