

2023 ABDSM Recommended Reading List

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OPTIONAL READINGS

Berry RB, Quan SF, Abreu AR, et al.; for the American Academy of Sleep Medicine. The AASM Manual for the Scoring of Sleep and Associated Events: Rules, Terminology and Technical Specifications. Version 2.6. Darien, IL: American Academy of Sleep Medicine, 2020

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Sutherland K, Takaya H, Qian J, Petocz P, Ng AT, Cistulli PA. Oral Appliance Treatment Response and Polysomnographic Phenotypes of Obstructive Sleep Apnea. *J Clin Sleep Med*. 2015 Aug 15;11(8):861-8. doi: 10.5664/jcsm.4934. PMID: 25845897; PMCID: PMC4513263.

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Kryger MH, Roth T, Dement WC. Principles and Practice of Sleep Medicine. Philadelphia,PA: Elsevier; 2017.

The following chapters from this book are recommended:

- Normal Human Sleep – An overview (Chapter 2)
- Daytime sleepiness and alertness (Chapter 4)
- Sleep deprivation (Chapter 5)
- Respiratory physiology: Understanding the control of Ventilation (Chapter 16)
- Classification of sleep disorders (Chapter 61)
- Sleep Breathing disorders: Clinical Overview (Chapter 108)
- OSA: Clinical Features, Evaluation and Principles of Management (Chapter 114)

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