

ABDSM Reading List

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Additional Readings (optional)

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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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