

# Learn more about Sleep Disorders

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## Websites

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[aadsm.org/PatientResources.aspx](http://aadsm.org/PatientResources.aspx) *American Academy of Dental Sleep Medicine* explains obstructive sleep apnea and oral appliance therapy vs. upper airway surgery. Includes a Find a Dentist feature.

[azcim.org/file/8815/sleepHandout.pdf](http://azcim.org/file/8815/sleepHandout.pdf) Tips on sleeping better from the *Arizona Center for Integrative Medicine*. Included are recommendations on your physical environment and diet to ensure a restful and relaxing night's sleep.

[kidshealth.org/parent/general/sleep/sleep.html](http://kidshealth.org/parent/general/sleep/sleep.html) Information for parents from the *Nemours Foundation*, a non-profit organization dedicated to children's health. As we age, our body's need for sleep changes. Learn what is recommended for children ages 0-18 and the importance of creating a night-time routine for anyone.

[sleepfoundation.org/articles/sleep-disorders](http://sleepfoundation.org/articles/sleep-disorders) From the *National Sleep Foundation* comes information on how health conditions can affect your sleep. Do you have COPD, epilepsy or fibromyalgia? Learn how these may be affecting the quality of your sleep.

[nhbli.nih.gov/health/public/sleep/healthysleepfs.pdf](http://nhbli.nih.gov/health/public/sleep/healthysleepfs.pdf) Tips from the *National Heart, Lung and Blood Institute* promoting healthy sleep at home. Also includes questions to ask yourself if you think you may have a sleep disorder.

## Local resources

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*Aurora Sleep Disorders Treatment Center* For a consultation regarding whether you could be a candidate for sleep disorders treatment, call 414-647-3000 for the location nearest you, or visit [Aurora.org/Services/Sleep/Centers.asp](http://Aurora.org/Services/Sleep/Centers.asp).

## Books

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*100 Questions & Answers About Sleep and Sleep Disorders* by Sudhansu Chokroverty, MD, FRCP, FACP; Jones and Bartlett Publishers, 2008, ISBN 978-076374-1204, \$21.99. Authoritative and practical answers to the most common questions asked by patients and their loved ones. Included are stories and comments from patients and physicians.

*The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need* by Stephanie A. Silberman, PhD, DABSM; New Harbinger Publications, 2009, ISBN 978-15722-46355, \$21.95. Cognitive behavioral therapy, also known as CBT, has been shown to be as effective as sleeping pills for treating insomnia. This workbook, filled with exercises and activities, also includes information on stopping racing thoughts that keep you awake at night, using deep relaxation skills, foods and lifestyle factors that may be making things worse and using a sleep log to track your progress.

*Say Good Night to Insomnia* by Gregg Jacobs, MD, Holt Paperbacks, 2009, ISBN 9780805089585, \$14.44. Tested at Harvard Medical School and based on cognitive behavioral therapy, Jacobs' program has been shown to improve sleep long-term in 80 percent of patients without drugs.

*Sleep: What Every Parent Needs to Know* by Rachel Moon, MD, FAAP, American Academy of Pediatrics, 2013, ISBN 9781581107814, \$16.95. The AAP and sleep expert Moon offer suggestions for fixing and preventing the sleep problems that 20-30% of infants and toddlers have.

*Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.*