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Leila Kheirandish-Gozal  
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Editors

# Sleep Disordered Breathing in Children

A Comprehensive Clinical Guide  
to Evaluation and Treatment

 Humana Press

*Editors*

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## Preface

The awareness of sleep-disordered breathing in children has steadfastly increased over the last several decades since the initial description of six cases of pediatric obstructive sleep apnea (OSA) in 1976 by Dr. Christian Guilleminault at Stanford University. Three decades later, it has become obvious that pediatric OSA is not only a highly prevalent condition, but we have also begun to extensively learn about the pathophysiological mechanisms that ultimately lead to OSA, have proceeded to examine the diagnostic approaches that will enable timely and accurate diagnosis of sleep-disordered breathing in children, have begun to characterize the extensive spectrum of morbidities associated with pediatric OSA, and have started to unravel some of the mechanistic pathways that underlie such morbidities. Furthermore, we have more recently initiated more evidence-based processes, aiming to define the role of specific therapeutic practices and to develop alternative management approaches.

The authors of each chapter of this book were accordingly identified and invited to reflect all of these advancements and were therefore recruited to contribute based upon their experience and respective areas of expertise, while providing a pragmatic and useful resource to the latest developments in the field of pediatric sleep-disordered breathing. Therefore, one of the major goals of this book is to provide a comprehensive text that will enable the practicing physician to acquire an in-depth understanding of the unique contextual settings in which sleep-associated breathing disorders occur in childhood and therefore enable such practicing physicians to provide a better service to their patients.

This book is divided into six parts, with each part containing several pertinent chapters: the upper airway, sleep during development, diagnostic approaches to sleep disorders in children, sleep-disordered breathing (SDB) in children, consequences of SDB in children, and therapeutic approaches for pediatric SDB. Each chapter will discuss a different and highly relevant aspect, and outline major advances based on an in-depth review of the medical literature and the extensive experience of the authors. Therefore, authoritative texts will provide an in-depth coverage of each of the important and essential topics that encompass the overarching spectrum of SDB in pediatric populations.

Every effort has been made to enable the reader to critically appraise the information that is currently available, its certainties and pitfalls, and to

provide directions for future research. In parallel and when applicable, pragmatic recommendations for the evaluation and treatment of children at risk for SDB have been incorporated, such as to afford the reader with a comprehensive theoretical and practical information source.

Hopefully, this book will continue to enhance the field of pediatric sleep disorders by allowing the reader to benefit from the collective experience included herein, and thus provide a basis for both improved patient care and scientific discovery.

To paraphrase Virgil, "*Our greatest wealth is our child's health.*"

Chicago, IL, USA

Leila Kheirandish-Gozal, MD

David Gozal, MD

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