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# Sleep Issues in Neuromuscular Disorders

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Raghav Govindarajan • Pradeep C. Bollu  
Editors

# Sleep Issues in Neuromuscular Disorders

A Clinical Guide

 Springer

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*To,*

*Our beloved families, colleagues, students,  
and most importantly our patients who have  
inspired to complete this work.*

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## Preface

Sleep issues are common in patients with neuromuscular disorders. While neuromuscular physicians are trained in managing complex neuromuscular conditions and have a firm grasp on neurophysiology, pathology, and genetics, sleep and sleep-related issues can be challenging. Similarly sleep specialists have a firm grasp on understanding sleep neurobiology, pathology, and managing sleep issues including neuromuscular respiratory weakness but might find it challenging to understand the ever evolving and diverse field of neuromuscular disorders. With this in mind, we have designed this handbook for both neuromuscular physicians and sleep specialists by providing clinically relevant material in both sleep medicine and neuromuscular medicine that a busy clinician will find useful for a quick reference. Further, the book will be highly beneficial to any practicing physician including pulmonary/critical care physicians, neuro ICU physicians, primary care doctors and internists who take care of neuromuscular patients, pediatricians, general neurologists and even advanced practice providers, fellows, residents, respiratory therapists, and medical students. This guide is meant to help them understand the basics of sleep and neuromuscular disorders and its clinical management but is not a comprehensive review.

This book has been divided into ten chapters. Chapters 1 and 2 lay the foundation for understanding sleep issues in neuromuscular disorders. Chapters 3–7 provide an overview of sleep disorders in various neuromuscular conditions. Finally, Chaps. 8–10 provide practical advice in managing sleep issues including an overview of noninvasive ventilation. The final part of the book provides useful tables, charts, pictures, and flow charts for quick reference in sleep medicine and neuromuscular medicine.

We are very thankful to all our colleagues and coauthors who have spent numerous hours preparing the chapters. In addition, we are grateful to our chairman Dr. Pradeep Sahota for his guidance and mentorship throughout the project. Last but not least, we thank Springer for their input in putting this book together.

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