

## SLEEP AND QUALITY OF LIFE IN CLINICAL MEDICINE

Edited by Joris C. Verster, S.R. Pandi-Perumal, and David L. Streiner. 533 pp., illustrated. Totowa, NJ, Humana Press, 2008. \$189. ISBN 978-1-60327-340-4.

ANYONE WHO HAS HAD EVEN ONE POOR night of sleep will immediately recognize the substantial impact of sleep disturbance on quality of life. *Sleep and Quality of Life in Clinical Medicine* explores this problem under a magnifying glass.

The first few chapters of the book provide an overview of the relationship between sleep and quality of life. The chapters that follow are loosely organized by type of condition: sleep, neurologic, psychiatric, substance abuse-related, cardiovascular, digestive, respiratory, endocrine, oncologic, and infectious. Most chapters share a specified format, beginning with a summary and lists of keywords and learning objectives and closing with conclusions and a review of problems that need to be addressed in future research. This format provides a consistency that enhances the usefulness of the book. There is also consistency of content. Too often in books like this one, some chapters cover a few major topics comprehensively whereas others have only sparse material on a wide range of topics. In this book the authors and editors have achieved relative consistency of content.

Who will find this book useful? The primary readership should be sleep clinicians, researchers, and medical and postdoctoral students. The book's strengths include an easily readable style, with little medical jargon, and it is comprehensive yet concise. The first five chapters are among the best written, setting the stage for later chapters by defining quality of life in health, describing assessment and measurement tools, and summarizing categories of sleep disorders. Other notable chapters deal with quality of life in sleep apnea, multiple sclerosis, eating disorders, and cancer. Another major strength of the book, however, is also a weakness — although the book fully explores the relationship between sleep and quality of life, this specialized area of study is still in its infancy. Consequently, the data on quality of life are sparse for some of the sleep disorders and medical conditions described. Nevertheless, one would be hard pressed to identify a topic concerning sleep and quality of life that is not covered.

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### CORRECTIONS

Human Papillomavirus and Papanicolaou Tests to Screen for Cervical Cancer (October 18, 2007;357:1589-97). Bo Johansson, Ph.D., should be listed as the ninth author (page 1589, between Drs. Strander and Forslund). The article has been corrected on the *Journal's* Web site at [www.nejm.org](http://www.nejm.org).

Arthroscopic Surgery for Osteoarthritis of the Knee? (September 11, 2008;359:1169-70). The second sentence of the fifth paragraph (page 1169) should have begun, "In this issue of the *Journal*, Englund et al. report a high prevalence of meniscal findings on MRI of the knee in middle-aged and elderly patients," (rather than "meniscal symptoms"). We regret the error. The article has been corrected on the *Journal's* Web site at [www.nejm.org](http://www.nejm.org).

### NOTICES

*Notices submitted for publication should contain a mailing address and telephone number of a contact person or department. We regret that we are unable to publish all notices received. Notices also appear on the Journal's Web site ([www.nejm.org/meetings](http://www.nejm.org/meetings)). The listings can be viewed in their entirety or searched by location, month, or key word.*

#### ACOEM'S AMERICAN OCCUPATIONAL HEALTH CONFERENCE

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#### NEW YORK—PRESBYTERIAN HOSPITAL SECOND ANNUAL INTERNATIONAL NOTES COURSE

The course will be offered in New York, Dec. 15 and 16. It is jointly sponsored by New York–Presbyterian Hospital, Columbia University College of Physicians and Surgeons, and Weill Cornell Medical College.

Contact Barbara Mastroddi, Dept. of Surgery, Office of External Affairs, Columbia University College of Physicians and Surgeons, 400 Kelby St., 8th Floor, Fort Lee, NJ 07024; or call (201) 346-7003; or e-mail [bm2370@columbia.edu](mailto:bm2370@columbia.edu); or see <http://www.columbiasurgerycme.org>.