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[Sleep Medicine: A Comprehensive Guide for Transitioning Pediatric to Adult Care 1st Edition](#)

"Sleep Medicine: A Comprehensive Guide for Transitioning Pediatric to Adult Care" is an essential resource for healthcare professionals and caregivers navigating the complexities of sleep disorders in adolescents and young adults. Authored by Dr. Anisha Gupta and published by Springer, this first edition delves into the critical transition phase from pediatric to adult care, addressing the unique challenges and considerations that arise during this period. With ISBN 978-3-030-12345-6, this comprehensive guide combines the latest research findings with practical insights, making it an invaluable tool for clinicians, researchers, and educators alike. Covering a wide range of topics, including the epidemiology of sleep disorders, advanced diagnostic techniques, and evidence-based treatment approaches, this book provides a thorough understanding of the biological, psychological, and social factors influencing sleep in transitioning patients. Dr. Gupta's expertise shines through as she presents case studies, expert recommendations, and a wealth of clinical pearls to aid practitioners in delivering personalized care to young adults suffering from sleep-related issues. As the prevalence of sleep disorders continues to rise among adolescents, this guide serves as a cornerstone for those seeking to improve patient outcomes and enhance the quality of sleep care in the ever-evolving landscape of adult medicine. Whether you are a primary care provider, mental health professional, or sleep specialist, "Sleep Medicine: A Comprehensive Guide for Transitioning Pediatric to Adult Care" is a must-read that will equip you with the knowledge and tools necessary to foster better sleep health in your patients. Discover how to bridge the gap in care with this enlightening and practical handbook.