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[Principles and Practice of Sleep Medicine – 2 Volume Set 7th Edition + Video](#)

"Principles and Practice of Sleep Medicine – 2 Volume Set, 7th Edition," authored by Meir H. Kryger, Thomas Roth, and William C. Dement, is a comprehensive and authoritative resource that delves into the multifaceted world of sleep medicine. Published by Elsevier, this expansive two-volume set offers an in-depth exploration of the current understanding of sleep disorders, covering everything from the basic physiology of sleep to the latest advancements in clinical practice and research. With its rich content, the book provides a thorough examination of common sleep disorders, diagnostic techniques, treatment options, and the role of sleep in overall health. The seventh edition has been meticulously updated to include new insights and findings, ensuring that readers are well-informed about the latest developments in the field. Additionally, this edition features a valuable video component that complements the text, offering visual examples of clinical practices and procedures, making it an indispensable tool for both practitioners and students. The ISBN for this essential work is 978-0323357628, making it easy to identify and acquire. Whether you are a seasoned sleep medicine professional, a researcher, or an aspiring student in the field, "Principles and Practice of Sleep Medicine" serves as a critical reference that bridges theory with practical application, empowering readers to enhance their understanding of sleep and its integral role in human health. This essential guide is designed to inform, educate, and inspire those dedicated to improving the lives of individuals affected by sleep disorders.