Preface

Evaluation of Sleep Complaints

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Editor

This issue on the evaluation of sleep complaints would not have been possible without the outstanding contributions of a talented group of authors; their detailed and comprehensive articles will undoubtedly benefit any student, trainee, or clinician.

This work is divided into common sleep complaints, such as difficulty falling or staying asleep, which are symptomatic of the insomnias; irregular bedtimes and awakenings, jet lag, and shift work that may be associated with a circadian rhythm sleep disorder; daytime sleepiness, which can represent insufficient sleep but may also be associated with sleep, medical, and/or psychiatric disorders; snoring, irregular respiration, hypoventilation, and apneas, which are the main symptoms and signs of sleep-related breathing disorders; restless legs and periodic or rhythmic movements during sleep that characterize sleep-related movement disorders; confusional arousals, sleep terrors, sleepwalking, nightmares, and dream-enactment behaviors that are associated with parasomnias or unusual movement or behaviors during sleep; and poor sleep with age.

I am deeply indebted to the renowned and true pioneers of the field of sleep, William Dement, Christian Guilleminault, Sonia Ancoli-Israel, Chris Gillin, and Allan Rechtschaffen, who served as my mentors through various stages of my career.

In all of my endeavors, I can always count on my parents, Samiko and the late Hiroshi Kushida, to assist me; this issue was no exception. This issue is dedicated not only to my parents and my wife, Shirley, but also to the marvelous teams of the NHLBI-sponsored Apnea Positive Pressure Long-Term Efficacy Study (APPLES), AHRQ-sponsored Comparative Outcomes Management with Electronic Data Technology (COMET), and PCORI-sponsored Sustainable Methods, Algorithms, and Research Tools for Delivering Optimal Care Study (SMART DOCS). I have been very fortunate to serve as principal investigator of these studies; key individuals from these studies include James Walsh, Pamela Hyde, Deborah Nichols, Kara Griffin, Eileen Leary, Rik Jadrnicek, Ric Miller, Tyson Holmes, Dan Bloch, Emmanuel Mignot, Rachel Manber, Chia-Yu Cardell, Rhonda Wong, Pete Silva, and Elyse Cohen, as well as NHLBI (Michael Twery and Gail Weinmann), AHRQ (Gurvaneet Randhawa), PCORI (Diane Bild), site directors, coordinators, consultants, committee members, data and safety monitoring board (DSMB) members, and other personnel without whom these projects could not have functioned in such a meticulous and efficient manner.

It is my sincere desire that the reader will strive to become an expert in the field of sleep medicine, and the first step toward this goal is

the recognition of key sleep complaints, which will ultimately lead to the correct diagnosis and management of the underlying disorder. It is for this reason this issue was conceived, and, on behalf of the authors of this issue, we hope to have provided a resource that will stimulate further learning about the fascinating field of sleep medicine.

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