

Book Reviews

SLEEP DISORDERS IN MEDICINE – BASIC SCIENCE, TECHNICAL CONSIDERATIONS, AND CLINICAL ASPECTS. 1994. Edited by Sudhansu Chokroverty. Published by Butterworth Heinemann. 504 pages. \$C163.00.

This ambitious multi-authored text approaches sleep disorders in medicine from a very practical perspective. The text is divided into three parts, basic aspects of sleep, technical considerations and the third and largest section, clinical aspects of sleep medicine.

Part one provides an overview of sleep, including basic mechanisms and neurotransmitters underlying control of sleep. Although REM sleep generators and mechanisms of effector cell activation are well described, the generation of slow wave sleep is relatively neglected in this section and not discussed in detail until chapter 20. All of the chapters in this first section are well illustrated including a section on neural control of breathing.

Part two, or the technical section was impressive in that it described and illustrated all of the common abnormalities or technical problems encountered in routine polysomnography and multiple sleep latency studies, including cardiac abnormalities, movement disorders, nocturnal penile tumescence and scoring controversies. This portion of the text would in particular be of assistance to technologists recently introduced to polysomnography. Chapter 11 on the other hand dealt exclusively with ambulatory recording for insomnia and describes in detail the Medilog 9000 series cassette ambulatory monitoring system which the author finds helpful in ruling out periodic movements and apnea in sleep.

The final section of the book contains chapters devoted to all of the major sleep disorders and is introduced by a discussion on the classification of sleep disorders by Michael J. Thorpy, based on a more recent concept of "intrinsic" and "extrinsic" causes of sleep disruption. Within this section there are a number of chapters which are more outstanding. These include the chapter on Narcolepsy by Christian Guilleminault which addresses several current and controversial issues in this disease; the chapter on Sleep, Breathing and Neurological Disorders by Sudhansu Chokroverty which covers neurodegenerative, autonomic and neuromuscular disorders; and the chapter on parasomnias by Roger Broughton which describes the full spectrum of episodic nocturnal events.

The chapter on sleep disturbances in a variety of medical problems was also quite comprehensive with a spectrum of discussion ranging from asthma to fibromyalgia and the intensive care environment. The distinction of group variants based on age has resulted in considerable repetition within this final section. Also an informative discourse on positive airway pressure in the treatment of sleep related breathing disorders is reserved for the final chapter, illustrating the expanding role of this type of therapy in a wide variety of respiratory and neuromuscular disorders. While CPAP and BIPAP are well covered, other types of therapy for obstructive sleep apnea are neglected. All chapters however contain some therapeutic suggestions or recommendations. The outstanding feature of this text is that it is in fact a practical guide to sleep disorders medicine. The more esoteric, theoretical issues are discussed briefly as a practical and logical step towards investigation and treatment of patients with a wide variety of medical and psychiatric problems. I would recommend this volume for any one embarking on a career in sleep medicine, general internists or neurologist and respirologists working in sleep medicine. Those already working in the clinical environment of sleep disorders may find this work less rewarding. The

text will still provide varied opinions in areas of controversy and evolution.

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IMAGING OF HEAD TRAUMA. 1993. By Alisa D. Gean. Published by Raven Press. 591 pages. \$C156.00

This is an excellent book which fulfills the goals of the author to present "a clear, concise, but comprehensive, up to date text of accurate information with graphic and provocative illustrations" with regard to imaging of head trauma. There are ten chapters each of which addresses a specific category of injuries which either share similar pathophysiology or involve the same general area.

There is an introductory chapter covering epidemiology and classification of brain injuries, imaging modalities and prognostic factors. Chapters titled: Skull and scalp trauma, Extra-axial collections, Concussion, contusion and hematoma, White matter shearing injury and brainstem injury, and Brain herniation follow. The final four chapters address Vascular injury, Pediatric trauma, Maxillofacial trauma and Post traumatic sequelae.

Each chapter begins with a legend of contents numbered as to page. References after each chapter are numerous, pertinent and current and appear in the order they are referred to in the text, so there is no necessity to skip about searching for them. At the end of the book there is a clear and detailed subject index.

This book has the advantages of a single writer i.e. there is consistency in style, and there are numerous cross references to related material and illustrations in other chapters thus avoiding duplication.

The quality of CT and MR and angiographic reproductions is excellent and they are accompanied by clear labeling and text so that one does not have to do battle to find arrows and arrowheads in the illustrations.

The book is not perfect and there are some errors with regard to reference citations, labeling of drawings and spelling. These however are infrequent and do not detract from the fact that considerable thought and care has gone into the preparation of this book. Some subjects which may be confusing for those not dealing with MRI on a daily basis such as MR of hemorrhage and MR angiography are expanded upon. The author has also added the experience and current thinking at her base hospital, The San Francisco General Hospital.

I found the book easy to read and the chapters are not too long to handle as separate segments. I can recommend this book both as a teaching text and excellent reference source to any one involved in the care of patients with head injury. Radiologists, neurosurgeons, trauma surgeons and residents in these respective areas as well as neurologists dealing with trauma will find the book very useful.

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THE ENCYCLOPEDIA OF MOLECULAR BIOLOGY. 1994. Edited by Sir John Kendrew. Published by Blackwell Science. 1152 pages. \$C195.00.

Most neurologists, neurosurgeons and neuroscientists now recognize that the enormous developments in molecular biology that