

## SLEEP DISORDERS

their impact on public health

Edited by

Damien Léger SR Pandi-Perumal



## **Contents**

Prefa	of contributors ace nowledgments	vii xi xv
1.	Does the demography of sleep contribute to pre-existing health disparities? Lauren Hale, Paul E Peppard, and Terry Young	1
2.	Sleep in America: is race or culture an important factor? Girardin Jean-Louis, Ferdinand Zizi, Georges Casimir, and Jean Claude Compas	19
3.	Sleep-related problems in childhood Stephen H Sheldon	39
4.	Impact of sleep-disordered breathing on quality of life and school performance in children  Nira A Goldstein	49
5.	Sleep in aging Andrew A Monjan	59
6.	Sleeping environments  Alain Muzet	67
7.	Impact of sleeping environment on sleep quality  Gaby Bader	77
8.	Interaction between sleep and stress in shift workers Torbjörn Åkerstedt	101
9.	Sleepiness, sleep disorders, and accidents  Pierre Philip and Jaques Taillard	115
10.	Medico-legal aspects of sleep disorders  John Shneerson	123

## CONTENTS

11.	Insomnia: impact on work, economics, and quality of life Damien Léger	137
12.	Public health impact of insomnia and low-cost behavioral interventions Meagan Daley, Simon Beaulieu-Bonneau, and Charles M Morin	155
13.	Economic impact of sleep loss, sleepiness, and sleep disorders Kin M Yuen and Clete Kushida	175
14.	Pain and poor sleep Gilles Lavigne and Christiane Manzini	193
15.	Sleep apnea and stroke Henry Yaggi and Vahid Mohsenin	209
16.	Narcolepsy and idiopathic hypersomnia  Michel Billiard	225
Inde	x	235