

## Prominent Gaylord Hospital Sleep Expert Releases Two Publications

Wallingford (December 1, 2009) – Internationally renowned sleep-disorders expert Meir H. Kryger, MD, FRCPC, Director of Sleep Research and Education at Gaylord Sleep Medicine, has recently published his newest book, *Atlas of Clinical Sleep Medicine* – a visual aid for diagnosing and treating adult and pediatric patients with sleep disorders. In addition, Dr. Kryger was a vital contributor to the first-ever sleep evidence-based recommendations for older people, recently published in the *Journal of the American Geriatrics Society*.

Dr. Kryger's *Atlas of Clinical Sleep Medicine* – covers the full range of sleep disorders to help physicians diagnose any condition they may see, including sleep apnea, narcolepsy, restless legs syndrome, sleepwalking, REM sleep behavior disorder, insomnia and the parasomnias. The *Atlas* also features discussions of pediatric conditions.

The article, "Evidence Based Recommendations for the Assessment and Management of Sleep Disorders in Older Persons," published in the *Journal of the American Geriatrics Society* (2009), is the result of a four-year scientific consensus effort by Dr. Kryger and 9 other leading sleep experts – the centerpiece of a national project at the International Longevity Center-USA in New York City. The first public presentation of the findings was given at the 19<sup>th</sup> World Congress of the International Association of Gerontology and Geriatrics in Paris in July.

Dr. Kryger has published more than 220 research articles and book chapters. He is the chief editor of the most widely used textbook in sleep medicine, *The Principles*

and Practice of Sleep Medicine, which is currently in its fourth edition. He is also the author of the first comprehensive book written about sleep disorders in women, A Woman's Guide to Sleep Disorders.

Gaylord Sleep Medicine is a service of Gaylord Hospital, a not-for-profit long-term acute care hospital based in Wallingford, CT. Gaylord Sleep Medicine provides evaluation, diagnostic and treatment services at sleep centers in Glastonbury, Guilford, North Haven and Trumbull. Gaylord Sleep Medicine is accredited by the American Academy of Sleep Medicine. Call (203) 284-2853 for more information.

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