Reading List for BSM Exam


Lichstein K (2010). *Adult behavioral sleep medicine, an issue of sleep medicine clinics (series: the clinics: internal medicine - paperback)*.


Morin CM & Espie CA (2012). *The Oxford Handbook of Sleep and Sleep Disorders*.


*The International Classification of Sleep Disorders, 2nd Edition.*

**Pediatrics:**

Morin, CM & Espie CA (Eds) 2012 (3 chapters) in *The Oxford Handbook of Sleep and Sleep Disorders*: Sleep and Human Development (Lee, Rosen Chp. 4), Sleep-Related Problems in Childhood (Moore, Mindell Chp. 34), & Sleep-Related Problems in Adolescence and Emerging Adulthood (Wolfson, O’Malley, Chp. 35).


Perlis M & Lichstein K (Eds) 2003 (Part 3 on Pediatrics) in *Treating Sleep Disorders: Principles and Practice of Behavioral Sleep Medicine*. 
## Diagnostics

### Standards of Practice Parameters

<table>
<thead>
<tr>
<th>Year</th>
<th>Title</th>
<th>Authors</th>
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<th>Volume</th>
<th>Pages</th>
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### Systematic Reviews

<table>
<thead>
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<tbody>
<tr>
<td>1/2005</td>
<td>A Review by the MSLT and MWT Task Force of the Standards of Practice Committee of the</td>
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### American Academy of Sleep Medicine. The Clinical Use of the MSLT and MWT - EVIDENCE TABLES
Arand D, Bonnet M, Hurwitz T, Mitler M, Rosa R, Sangal RB.

### Clinical Guidelines

<table>
<thead>
<tr>
<th>Date</th>
<th>Clinical Guidelines for the Use of Unattended Portable Monitors in the Diagnosis of Obstructive Sleep Apnea in Adult Patients</th>
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Insomnia
Standards of Practice Parameters

Systematic Reviews
Morin CM, Bootzin RR, Buysse DJ, Edinger JD, Espie CA, Lichstein KL.

Clinical Guidelines
10/2008  Clinical Guideline for the Evaluation and Management of Chronic Insomnia in Adults
Schutte-Rodin S, Broch L, Buysse D, Dorsey C, Sateia M.

Circadian Rhythm Sleep Disorders
Standards of Practice Parameters
11/2007  Practice Parameters for the Clinical Evaluation and Treatment of Circadian Rhythm Sleep Disorders

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Sleep. 2007 Nov 1;30(11):1460-83.

Hypersomnias
Standards of Practice Parameters
12/2007  Practice Parameters for the Treatment of Narcolepsy and other Hypersomnias of Central Origin

Systematic Reviews

12/2007 Treatment of Narcolepsy and other Hypersomnias of Central Origin

Parasomnias

Best Practice Guides

8/2010 Best Practice Guide for the Treatment of Nightmare Disorder in Adults

1/2010 Best Practice Guide for the Treatment of REM Sleep Behavior Disorder (RBD)

Pediatrics

Standards of Practice Parameters

11/2012 Practice parameters for the non-respiratory indications for polysomnography and multiple sleep latency testing for children

3/2011 Practice Parameters for the Respiratory Indications for Polysomnography in Children
R. Nisha Aurora, MD; Rochelle S. Zak, MD; Anoop Karippot, MD; Carin I. Lamm, MD; Timothy I. Morgenthaler, MD; Sanford H. Auerbach, MD; Sabin R. Bista, MD; Kenneth R. Casey, MD; Susmita Chowdhuri, MD; David A. Kristo, MD; Kannan Ramar, MD SLEEP. 2011 March 1; 34(3); 379-88

10/2006 Practice parameters for behavioral treatment of bedtime problems and night wakings in infants and young children
Morgenthaler TI, Owens J, Alessi C, Boehlecke B, Brown TM, Coleman J Jr, Friedman L, Kapur VK,
### Systematic Reviews

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<td>3/2011</td>
<td><strong>Executive Summary of Respiratory Indications for Polysomnography in Children: An Evidence-Based Review</strong></td>
<td>Merrill S. Wise, MD; Cynthia D. Nichols, PhD; Madeleine M. Grigg-Damberger, MD; Carole L. Marcus, MBBCh; Manisha B. Witmans, MD; Valerie G. Kirk, MD; Lynn A. D'Andrea, MD; Timothy F. Hoban, MD</td>
<td>SLEEP 2011; 34(3): 389-98</td>
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<td>3/2011</td>
<td><strong>Respiratory Indications for Polysomnography in Children: An Evidence-Based Review (Evidence table and search term included)</strong></td>
<td>Merrill S. Wise, MD; Cynthia D. Nichols, PhD; Madeleine M. Grigg-Damberger, MD; Carole L. Marcus, MBBCh; Manisha B. Witmans, MD; Valerie G. Kirk, MD; Lynn A. D'Andrea, MD; Timothy F. Hoban, MD</td>
<td>SLEEP 2011. March 1; 34(3); 389A-398AR</td>
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Part 1 (Principles of Sleep Medicine)

Section 1: Normal Sleep and Its Variations (Editor: Roehrs)

Chapter 1: History of Sleep Physiology and Medicine (Dement)
Chapter 2: Normal Human Sleep: An Overview (Carskadon, Dement)
Chapter 3: Normal Aging (Bliwise)
Chapter 4: Daytime Sleepiness and Alertness (Roehrs, Carskadon, Dement, Roth)
Chapter 5: Acute Sleep Deprivation (Bonnet)
Chapter 6: Chronic Sleep Deprivation (Banks, Dinges)

Section 2: Sleep Mechanisms and Phylogeny (Editor: Siegel)

Chapter 10: Sleep in Animals: A state of Adaptive Inactivity (Siegel)

Section 4: Physiology in Sleep (Editor: Lavigne)

Chapter 17: Relevance of Sleep Physiology for Sleep Medicine Clinicians (Lavigne)
Chapter 18: What Brain Imaging Reveals about Sleep Generation and Maintenance (Nofzinger, Marquet)

Section 5 Chronobiology (Editor: Turek)

Chapter 31: Introduction: Master Circadian Clock and Master Circadian Rhythm (Turek)
Chapter 35: The Human Circadian Timing System and Sleep-Wake Regulation (Czeisler, Buxton)
Chapter 36: Melatonin and the Regulation of Sleep and Circadian Rhythms (Guardiola-Lemaitre, Quera-Salva)
Chapter 41: Circadian Disorders of the Sleep-Wake Cycle (Reid, Zee)

Section 6 Pharmacology (Editor: Mendelson)


Section 7 Psychobiology and Dreaming (Editor: Nielsen)

Chapter 52: Dreams in Patients with Sleep Disorders (Schredl)
Chapter 53: Dreams and Nightmares in Posttraumatic Stress Disorder (Mellman, Pigeon)

**Part 2: (Practice of Sleep Medicine)**

Section 8: Impact, Presentation, and Diagnosis (Editor: Malow)

Chapter 56: Approach to the Patient with Disordered Sleep (Malow)

Chapter 57: Cardinal Manifestations of Sleep Disorders (Vaughn, D'Cruz)

Chapter 60: Classification of Sleep Disorders (Thorpy)

Chapter 61: Epidemiology of Sleep Disorders (Partinen, Hublin)

Section 9: Occupational Sleep Medicine (Editor: Belenky)

Chapter 69: Drowsy Driving (Philip, Sagaspe, Taillard)

Chapter 74: Sleep, Stress, and Burnout (Akerstedt, Perski, Keckund)

**Section 10: Insomnia** (Editor: Buysse)

Chapter 75: Insomnia: Recent Developments and Future Directions (Buysse)

Chapter 76: Insomnia: Epidemiology and Risk Factors (Lichstein, Taylor, McCrae, Ruiter)

Chapter 77: Insomnia: Diagnosis, Assessment, and Outcomes (Harvey, Spielman)

Chapter 78: Models of Insomnia (Perlis, Shaw, Cano, Espie)

Chapter 79: Psychological and Behavioral Treatments for Insomnia I: Approaches and Efficacy (Morin)

Chapter 80: Psychological and Behavioral Treatments for Insomnia II: Implementation and Specific Populations (Edinger, Means, Carney, Manber)

Chapter 81: Pharmacologic Treatment of Insomnia: Benzodiazepine Receptor Agonists (Walsh, Roth)

Chapter 82: Pharmacologic Treatments: Other Medications (Krystal)

Chapter 83: Treatment Guidelines for Insomnia (Sateia, Buysse)

Section 11: Neurologic Disorders (Editor: Montplaisir)

Chapter 85: Narcolepsy: Diagnosis and Management (Guilleminault, Cao)

Chapter 90: Restless Legs Syndrome and Periodic Limb Movements During Sleep (Montplaisir, Allen, Walters, Ferini-Strambi)

Section 12: Parasomnias (Editors: Mahowald, Cramer Boreneman)
Chapter 94: Non-Rem Arousal Parasomnias (Mahowald, Cramer Boreneman)

Chapter 95: REM Sleep Parasomnias (Mahowald, Schneck)

Section 13: Sleep Breathing Disorders (Editor: Sanders)

Chapter 107: Positive Airway Pressure Treatment for Obstructive Sleep Apnea-Hypopnea Syndrome (Buchanan, Grunstein)

Section 14: Cardiovascular Disorders (Editor: Javaheri)

Chapter 117: Sleep Related Cardiac Risk (Verrier, Mittleman)

Section 15: Other Medical Disorders (Editor: George)

Chapter 124: Fibromyalgia and Chronic Fatigue Syndromes (Macfarlane, Moldofsky)

Chapter 126: Pain and Sleep (Lavigne, Smith, Denis, Zucconi)

Section 16: Psychiatric Disorders (Editor: Benca)

Chapter 129: Anxiety Disorders (Ramsawh, Stein, Mellman)

Chapter 130: Mood Disorders (Peterson, Benca)

Chapter 132: Medication and Substance Abuse (Roehrs, Roth)

Section 17: Sleep Medicine in the Elderly (Editor: Ancoli-Israel)

Chapter 135: Insomnia in Older Adults (Ancoli-Israel, Shochat)

Section 18: Woman’s Health (Editor: Lee)

Chapter 140: Menopause (Lee, Moe)

Section 19: Methodology (Editor: Hirshkowitz)

Chapter 141 Monitoring and Staging Human Sleep (Keenan, Hirshkowitz)

Chapter 143 Evaluating Sleepiness (Hirshkowitz, Sarwar, Sharafkhanneh)

Chapter 144 Assessment Techniques for Insomnia (Spielman, Chien-Ming, Glovinsky)

Chapter 147 Actigraphy (Stone, Ancoli-Israel)

Chapter 149 Light Therapy (Terman, Terman)