Atlas of Clinical Sleep Medicine, edited by Meir H. Kryger, 400 pp, with illus, \$139 Philadelphia, PA, Saunders (telephone: 800-545-2522), 2010, ISBN 978-1-4160-4711-7

Type and Scope of Book: A succinct, multiauthored, illustrative review of clinical sleep medicine with additional online access to multimedia contents that highlight various disorders.

Contents: Dr Kryger, editor of numerous books including the authoritative textbook of sleep medicine, has taken a more artistic approach for this atlas. He and other well-respected contributors use pictures, charts, and polysomnogram epochs that highlight the key points spanning a variety of topics in clinical sleep medicine: from taking a sleep history to discussion of narcolepsy and impact of sleep disorders on other medical conditions. Because discussion for each topic is very succinct and focused, some chapters are only 1 page. Overall, the book is excellent for enhancing learning in this field.

Strengths: Diagrams, charts, and polysomnogram epochs (all available online) are clear and intuitive. Noted experts distill some of the complex topics into succinct and clearly understandable sections. This atlas spans a wide range of topics relevant to all aspects of clinical sleep medicine.

Deficiencies: Because this atlas provides brief, general overviews in a multimedia format to convey the subject matter, it is best suited as a companion to a more traditional textbook.

Recommended Readership: This atlas is excellent for educators in the field of sleep medicine. Anyone with some knowledge and interest in sleep medicine may find it helpful because it presents a visual perspective of this field while providing a general overview of clinical topics in sleep medicine.

Overall Grading: ★★★★★

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Grading Key

★★★★★ = *outstanding*; ★★★★ = *excellent*; ★★★ = *good*; ★★ = *fair*; ★ = *poor*.