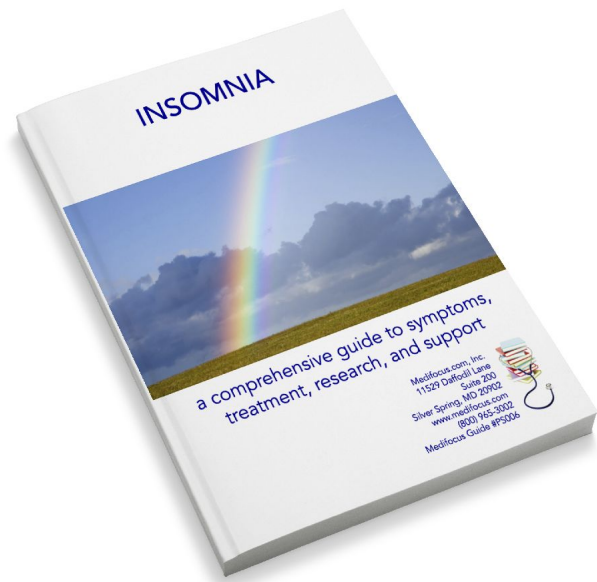


## Preview of the Medifocus Guidebook on: Insomnia

Updated November 3, 2009



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Insomnia**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the COMPLETE Medifocus Guidebook on Insomnia (106 pages; Updated November 3, 2009), please:

- Call us at:
  - 800-965-3002 (United States)
  - 301-649-9300 (Outside the United States)
- Order online through our website:
  - **Printed Version**
    - Mailed to you and bound for easy reading.
    - Includes free online access to the electronic guidebook for one full year.

[Purchase Printed Guidebook](#)

- **Electronic Version**
  - Adobe PDF document that can be viewed or printed on any computer
  - Online updates are included for one full year.

[Purchase Electronic Guidebook](#)

# Table of Contents

<b>Background Information</b> .....	8
Introduction .....	8
About Your Medifocus Guidebook .....	10
Ordering Full-Text Articles .....	13
<b>The Intelligent Patient Overview</b> .....	15
<b>Guide to the Medical Literature</b> .....	29
Introduction .....	29
Recent Literature: What Your Doctor Reads .....	30
Review Articles .....	30
General Interest Articles .....	39
Drug Therapy Articles .....	54
Clinical Trials Articles .....	57
Complementary Medicine Articles .....	73
<b>Centers of Research</b> .....	74
United States .....	76
Other Countries .....	88
<b>Tips on Finding and Choosing a Doctor</b> .....	97
<b>Directory of Organizations</b> .....	103

# 1 - Background Information

## Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

*Medifocus.com* has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

## About Your MediFocus Guidebook

### ***Introduction***

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

### ***Guidebook Organization and Content***

#### **Section 1 - Background Information**

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

#### **Section 2 - The Intelligent Patient Overview**

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

### **Section 3 - Guide to the Medical Literature**

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

*Linking to Abstracts:* Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

## **Section 4 - Centers of Research**

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

## **Section 5 - Tips on Finding and Choosing a Doctor**

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

## **Section 6 - Directory of Organizations**

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

## 2 - The Intelligent Patient Overview

# INSOMNIA

### Introduction to Insomnia

*Insomnia* is defined as a condition in which a person fails to get sufficient sleep despite having the opportunity to sleep. Inclusive in this definition of insomnia are the following important features:

- Difficulty falling asleep
- Difficulty staying asleep
- Not getting enough sleep
- Poor quality of sleep (unrefreshing sleep)

Insomnia is the most common type of sleep disorder and is among the most frequent complaints brought to the attention of health care providers. Although estimates of the prevalence of insomnia vary among different studies, insomnia is thought to be an occasional problem for at least 33% of the general population and is a chronic problem for at least 10% of adults. Studies have shown that insomnia is more common among women, older individuals, and people with underlying medical or psychiatric problems.

### ***Types of Insomnia***

In general, insomnia can be grouped into two distinct types: acute and chronic. *Acute insomnia* is a sleep disorder that lasts for a short period of time (less than 2-weeks) and is usually due to some type of stressful "trigger" such as loss of a job or the death of a family member or close friend. *Chronic insomnia* is a disorder of sleep that lasts for one-month or longer and most commonly affects women, older people, and those with a chronic medical problem or psychiatric disturbance.

Insomnia can also be classified into two major groups depending upon the cause: *primary insomnia* and *secondary insomnia*

### **Primary Insomnia**

There are several types of primary insomnia that are recognized that include:

- Idiopathic insomnia
  - usually begins in infancy or childhood
  - persists throughout adulthood
  - cause is unknown

- Psychophysiologic insomnia
  - a conditioned response whereby a person becomes emotionally and physically aroused and active before going to sleep instead of feeling drowsy and sleepy
  - often associated with a particular triggering event that causes acute insomnia
  - usually persists as chronic insomnia despite resolution of the triggering event that led to the acute insomnia
- Paradoxical insomnia - a condition in which the patient complains of not getting sufficient sleep but an objective sleep test (polysomnography) does not support this complaint.

## **Secondary Insomnia**

Insomnia secondary to other causes is much more common than primary insomnia. There are several types of secondary insomnia:

- Adjustment insomnia - insomnia caused by some type of psychological stress or a stressful social situation.
- Inadequate sleep hygiene - insomnia caused by poor lifestyle habits that interfere with sleep.
- Insomnia due to an underlying medical condition such as:
  - restless legs syndrom
  - periodic limb movement disorder
  - sleep apnea syndrome
  - narcolepsy
  - chronic pain
- Insomnia due to medications or other substances:
  - side-effects of some medications
  - drugs of abuse
  - alcohol
  - caffeine

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Insomnia** also includes the following additional sections:

- **Diagnosis of Insomnia**
- **Treatment of Insomnia**
- **Consequences of Chronic Insomnia**
- **Questions to Ask Your Doctor about Insomnia**

To Order the Complete **Guidebook on Insomnia** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

## 3 - Guide to the Medical Literature

### Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 33 Articles
- General Interest Articles - 50 Articles
- Drug Therapy Articles - 11 Articles
- Clinical Trials Articles - 50 Articles
- Complementary Medicine Articles - 4 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

**Linking to Abstracts:** Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

## Recent Literature: What Your Doctor Reads

Database: PubMed <September 2007 to November 2009>

### Review Articles

1.

#### Melatonin for primary insomnia?

**Author:**

**Journal:** Drug Ther Bull. 2009 Jul;47(7):74-7.

**Abstract Link:** <http://www.medifocus.com/abstracts.php?gid=PS006&ID=19567841>

2.

#### Sleep disturbances in older adults with mild cognitive impairment.

**Authors:** Beaulieu-Bonneau S; Hudon C

**Institution:** Ecole de psychologie, Universite Laval and Centre de recherche Universite Laval Robert-Giffard, Quebec, Canada.

**Journal:** Int Psychogeriatr. 2009 Aug;21(4):654-66. Epub 2009 May 11.

**Abstract Link:** <http://www.medifocus.com/abstracts.php?gid=PS006&ID=19426575>

3.

#### Comorbidity between sleep apnea and insomnia.

**Authors:** Beneto A; Gomez-Siurana E; Rubio-Sanchez P

**Institution:** Unidad de Sueno, Servicio Neurofisiologia Clinica, Hospital Universitario La Fe, Avenida de Campanar 21, Valencia, Spain. beneto\_ant@gva.es

**Journal:** Sleep Med Rev. 2009 Aug;13(4):287-93. Epub 2009 Feb 26.

**Abstract Link:** <http://www.medifocus.com/abstracts.php?gid=PS006&ID=19246219>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Insomnia** includes the following sections:

- Review Articles - 33 Articles
- General Interest Articles - 50 Articles
- Drug Therapy Articles - 11 Articles
- Clinical Trials Articles - 50 Articles
- Complementary Medicine Articles - 4 Articles

To Order the Complete **Guidebook on Insomnia** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

## 4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

## Centers of Research

### United States

#### ***AL - Alabama***

**Name of Author**

Holshoe JM

**Institutional Affiliation**

University of South Alabama College of Nursing, Mobile, AL, USA. jholshoe@cox.net

#### ***AZ - Arizona***

**Name of Author**

Dirksen SR

**Institutional Affiliation**

College of Nursing and Healthcare Innovation, Arizona State University, Phoenix, AZ 85004-0698, USA.  
shannon.dirksen@asu.edu

Hoyt MA

College of Nursing and Healthcare Innovation, Arizona State University, Phoenix, AZ 85004-0698, USA.  
shannon.dirksen@asu.edu

Quan SF

College of Nursing and Health Innovation, Arizona State University, Phoenix, AZ 85004-0698, USA. graciela.silva@asu.edu

Silva GE

College of Nursing and Health Innovation, Arizona State University, Phoenix, AZ 85004-0698, USA. graciela.silva@asu.edu

#### ***CA - California***

**Name of Author**

Burke PJ

**Institutional Affiliation**

Neurocrine Biosciences, San Diego, CA, USA.  
rfarber@neurocrine.com

Cummings SR

Research Institute, California Pacific Medical Center, 185 Berry St, Lobby 4, Fifth Floor, Ste 5700, San Francisco, CA 94107-1762, USA. kstone@sfcc-cpmc.net

Erman M

Avastra USA, Pacific Sleep Medicine Services, San Diego, CA 92121, USA.

Erman MK

Pacific Sleep Medicine Services, Inc., San Diego, CA, USA.

The **Centers of Research** in the complete **Medifocus Guidebook on Insomnia** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

To Order the Complete **Guidebook on Insomnia** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

# 5 - Tips on Finding and Choosing a Doctor

## Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

## Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Insomnia** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

To Order the Complete **Guidebook on Insomnia** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

## 6 - Directory of Organizations

### **American Academy of Sleep Medicine**

One Westbrook Corporate Center, Ste. 920, Westchester, IL 60154  
708.492.0930

[inquiries@aasmnet.org](mailto:inquiries@aasmnet.org)

[www.aasmnet.org/](http://www.aasmnet.org/)

### **American Psychiatric Association**

1000 Wilson Boulevard, Suite 1825, Arlington, Va. 22209-3901  
703-907-7300

[apa@psych.org](mailto:apa@psych.org)

[www.psych.org/](http://www.psych.org/)

### **American Psychological Association**

750 First Street, NE, Washington, DC 20002-4242  
800-374-2721; 202-336-5500; TDD/TTY: 202-336-6123

[www.apa.org/](http://www.apa.org/)

### **American Sleep Association**

110 W. Ninth Street Suite#826 Wilmington, DE 19801  
502-868-1100

- [www.americansleepassociation.org](http://www.americansleepassociation.org)

### **Canadian Sleep Society**

1111 St. Urbain, Suite 116 Montreal, Quebec, Canada H2Z 1Y6

[www.css.to/index.html](http://www.css.to/index.html)

### **National Centers on Sleep Disorders Research**

6701 Rockledge Drive, Bethesda, MD 20892  
301-435-0199

[www.nhlbi.nih.gov/about/ncsdr/index.htm](http://www.nhlbi.nih.gov/about/ncsdr/index.htm)

The **Directory of Organizations** in the complete **Medifocus Guidebook on Insomnia** includes a list of selected disease organizations and support groups that are helping people diagnosed with Insomnia.

To Order the Complete **Guidebook on Insomnia** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Insomnia**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the **COMPLETE** Medifocus Guidebook on Insomnia (106 pages; Updated November 3, 2009), please:

- Call us at:
  - 800-965-3002 (United States)
  - 301-649-9300 (Outside the United States)
- Order online through our website:
  - **Printed Version**
    - Mailed to you and bound for easy reading.
    - Includes free online access to the electronic guidebook for one full year.

[Purchase Printed Guidebook](#)

- **Electronic Version**
  - Adobe PDF document that can be viewed or printed on any computer
  - Online updates are included for one full year.

[Purchase Electronic Guidebook](#)

## Disclaimer

*Medifocus.com, Inc.* serves only as a clearinghouse for medical health information and does not directly or indirectly practice medicine. Any information provided by *Medifocus.com, Inc.* is intended solely for educating our clients and should not be construed as medical advice or guidance, which should always be obtained from a licensed physician or other health-care professional. As such, the client assumes full responsibility for the appropriate use of the medical and health information contained in the Guidebook and agrees to hold *Medifocus.com, Inc.* and any of its third-party providers harmless from any and all claims or actions arising from the clients' use or reliance on the information contained in this Guidebook. Although *Medifocus.com, Inc.* makes every reasonable attempt to conduct a thorough search of the published medical literature, the possibility always exists that some significant articles may be missed.

## Copyright

© Copyright 2009, *Medifocus.com, Inc.* All rights reserved as to the selection, arrangement, formatting, and presentation of the information contained in this report, including our background and introductory information.