



# Diagnosis And Management of Insomnia

*Karl Doghramji, Paul P. Doghramji*

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**Diagnosis And Management of Insomnia** Karl Doghramji, Paul P. Doghramji

Detailed presentation of the definition of insomnia, differential diagnosis with conditions associated with insomnia (Psychiatric, neurologic, medical), sleep-related breathing disorders, circadian rhythm sleep disorders, clinical evaluation, proper sleep hygiene, short- and long-term management of insomnia, pharmacologic treatment options, behavioral strategies, and clinical trial results with the various pharmacologic agents.

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