



A Woman's Guide to Sleep Disorders

Meir Kryger

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More than 20 million women have trouble sleeping at night. Yet sleep disorders among women are prone to misdiagnosis and therefore mistreatment. *A Woman's Guide to Sleep Disorders* is the first comprehensive book written about sleep disorders in women by a leading medical expert in the field. Dr. Kryger provides a thorough overview of sleep disorders among women. He shows how to determine whether a sleep problem is a disorder, help pinpoint causes, and what can be done to help. A resource guide, sleep questionnaire, and worksheet are included to assist the reader--and her doctor--in evaluating her condition.

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