

Venue:	Doody's Book Review Service
Title:	Book Review: The holistic treatment of sleep disorders: complementary therapy concept for physicians and psychotherapists, Carolin Marx-Dick
Date:	2023
Type:	Book Review
Author(s)/ Presenter(s):	Mary Tuchscherer
Abstract (or Book Review):	<p>Description</p> <p>This book is immediately useful for practitioners interested in holistic, behavioral-based treatments for patients presenting with sleep disorders. The author's twenty years of experience as a passionate scientist-practitioner is openly, honestly, and completely shared with the reader. Everything from thoroughly reviewed and referenced chapters on the diagnosis and classifications of sleep disorders, to the very interesting chapter on the function and "evolution" of sleep, to the enlightening conservative treatment methods are clearly described and supplemented with tools for practitioner use. All of this culminates in illustrative real-life case study presentations.</p> <p>Purpose</p> <p>Sleep disorders are quite common in industrialized countries. Some of these disorders require immediate treatment, but many people suffer from insomnia and other less emergent sleep disorders, for which patients may or may not seek treatment. The purpose of this book is to bring heightened awareness to sleep disorders, and to teach accessible methods of treatment using conservative, holistic, behavioral, and integrative care models to a variety of appropriate and interested practitioners. The author is clearly passionate about the necessity of sleep for the optimal functioning of the human brain and body. Her unique and collegial approach to holistic, psychotherapeutic methods of treatment for a prevalent condition with few readily available treatments other than drugs and hardware is apparent throughout the book. The objective of increasing awareness of, and accessibility to, a variety of options is clearly met, and provides a necessary addition to treatment arsenal for sleep pathologies.</p>

Audience

While this book might be helpful to a patient suffering with sleep difficulty, its primary audience is practitioners. The language of the science associated with the neurology and neuroscience of sleep is complex. It requires that the reader have previous experience with these topics to fully appreciate the depth to which each of the various conditions is described. Popular literature and various browser searches reveal many herbal, mineral, and dietary supplements offered to people suffering with disordered sleep. While this book does discuss some of these options, the focus is on more active, psychotherapeutic treatments. The author is a recognized expert in this field, based not only on experience in the field, but by her publication history and teaching posts held at various universities in Germany.

Features

The initial chapters of the book provide a clear case for the need for sleep by the human brain and body. Throughout human history, these needs have evolved as the complexities and demands of modern society have increased. The appreciation of this draws readers to the deeper and more complex chapters that detail classification and diagnoses. Clear classification used consistently among practitioners facilitates clear diagnoses and sharing of information regarding the most useful treatment modalities based on those diagnostic keys. The largest section of the book provides a rich array of information about methodologies that do not involve drugs, hardware (CPAP), or other passive treatments. The treatments the book describes are active, involving the patient in their own care and "cure". It clearly outlines these integrative, psychotherapeutic, cognitive behavioral techniques and provides a rich array of methodological steps and tools, both practitioner-facing as well as patient-facing worksheets, exercises, and progress notes to aid in the treatment plan. The charts, patient care tools, descriptive illustrations, patient diaries, and questionnaires are the most useful parts of the book, as they allow immediate use of the information presented. Finally, there are many real-world case presentations that illustrate the process from history to treatment plan and progress. As many practitioners are new to the conservative treatment of sleep disorders, it is useful to see how various scenarios may play out in practice. Throughout the book the usefulness of the charts, illustrations, and practice aids are well described and printed. It would be easy to copy these tools and modify them to the needs of the patient population served by various practitioners. The native English-speaking population may find the translation from German to English a bit "un-natural", but this is easily accommodated as the reader continues. Although the author references a mostly German population, the transmissibility of the information to other similar areas of the world is likely.

Assessment

This book is unique in its level of detail and accessibility to a variety of practitioners. It seems clear that the goal is to get holistic treatments with low levels of adverse effects into the hands of as many caregivers as possible. The instructional nature of the book is

	collegial, soliciting feedback to the author several times throughout the book, all aimed at improving the treatment process and therefore patient outcomes.
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