



Sleep and breathing disorders: from principles and practice of sleep medicine

<https://iha.andornot.com/permalink/library19842>

Author: [Kryger, Meir H., ed](#)
Place: Philadelphia PA
Publisher: Elsevier
Pub Date: 2017
Physical Description: xvii, 389 p. : col. ill.
Format: Book
Subject: [Sleep Wake Disorders](#)
[Sleep Apnea Syndromes](#)
[Comorbidity](#)
Notes: Includes bibliographical references and index.
ISBN: 9780323476751
Call No.: WL 108 632 2017
Location: RIH Library
Loan Policy: 21 days



Atlas of clinical sleep medicine

<https://iha.andornot.com/permalink/library15589>

Author: [Kryger, Meir H., ed](#)
Place: Philadelphia PA
Publisher: Saunders Elsevier
Pub Date: 2010
Physical Description: xx, 380 p. : col. ill.
Online
Format: Book
Subject: [Sleep Wake Disorders](#)
Notes: Includes bibliographical references and index.
ISBN: 9781416047117
Call No.: WM 188 A881 2010
Location: RIH Library
Loan Policy: 21 days



Sleep medicine

<https://iha.andornot.com/permalink/library16035>

Author: [Mosewich, Russell](#)
Corporate Author: [Interior Health](#)
Place: Kamloops BC
Publisher: Interior Health
Pub Date: 2010
Physical Description: 1 DVD (1 hr. 6 min.)
Format: DVD
Subject: [Sleep Wake Disorders](#)
Series: RIH grand rounds
Notes: Presentation by Dr. Russell Mosewich at the RIH Physicians' Grand Rounds on December 14, 2010.
Call No.: WM 188 M897 2010 A/V
Location: RIH Library
Loan Policy: 21 days

Mayo Clinic wellness solutions for insomnia

<https://iha.andornot.com/permalink/library16966>

Author: [Neukum, Cathe](#)
[Gilliland, Sara C](#)
[Ross, Ken](#)

Corporate Author: [Mayo Clinic](#)

Place: Rochester MN
Broomfield CO

Publisher: GAIAM Media
Mayo Clinic Health Solutions

Pub Date: 2007

Physical Description: 1 DVD (83 min.)

Format: DVD
Book

Subject: [Sleep Initiation and Maintenance Disorders](#)
[Sleep Wake Disorders](#)
[Insomnia](#)
[Wellness](#)

Abstract: "Understanding your condition - a session with Mayo Clinic doctors. Simple health tips, gentle yoga, daily nutrition guide." (from cover)

Notes: Companion booklet: "My stress solution: strategies and tools to take action."

ISBN: 9870766231917

Call No.: WM 188 M466 2007

Location: KGH Library Wellness

Loan Policy: 21 days