



# Diagnostik und Therapie von Schlafstörungen (German Edition)

*Jürgen Staedt, Dieter Riemann*

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In unserer schnelllebigen und reizüberfluteten Zeit gewinnt das Thema "Schlafstörung" zunehmend an Bedeutung. Trotz der beachtlichen Prävalenz von Schlafstörungen ist das Wissen darüber recht gering. Die Ursachen für Schlafstörungen sind komplex, es können organische und seelische Probleme oder Kombinationen aus beidem die Schlafstörung auslösen oder zu deren Chronifizierung beitragen. Dieses Buch vermittelt die grundlegenden Kenntnisse über die Differentialdiagnostik, Pharmakotherapie und Psychotherapie von Schlafstörungen, unter besonderer Berücksichtigung dementieller Erkrankungen.

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