

Book Review

FOCUS ON SLEEP MEDICINE: A SELF-ASSESSMENT

edited by Teofilo Lee-Chiong, 192 pp., 28 ill., Lippincott Williams & Wilkins, 2010, \$84.95.

A new Sleep Medicine certification was recently developed by the 5 member boards of the American Board of Medical Subspecialties, including the American boards of Internal Medicine, Family Medicine, Pediatrics, Psychiatry and Neurology, and Otolaryngology. This is separate from the certification by the American Board of Sleep Medicine. The question-and-answer book, *Focus on Sleep Medicine: A Self-Assessment*, is based specifically on the content and format of the new Sleep Medicine certification. Chief editor Teofilo Lee-Chiong, a Sleep Medicine specialist, and a team of 8 coauthors produced a comprehensive collection of board-style questions for a target audience that includes anyone preparing for certification in Sleep Medicine.

The book is organized into 2 sections: the first contains 277 multiple-choice questions, while the second provides the answers. The questions are delivered in random order as they may be encountered on the examination. Some questions are vignette-style while others are more straightforward tests of specific facts. The answer section is thoughtfully formatted

with an education objective and thorough explanation for each question. References to medical literature or texts are frequently provided where support is needed. Purchase of the book provides access to the accompanying online version, which allows review of the same questions under computer-based testing conditions. There is also a complete index for reference use.

The editors and contributing authors succeeded in fulfilling the study needs of residents, fellows, and practicing Sleep Medicine specialists of varied backgrounds and expertise who are preparing for the new certification in Sleep Medicine. The random presentation of the questions is helpful for the stated purpose of self-assessment. However, the option to categorize questions by topic, perhaps on the online version, would be a helpful feature for focused review. Neurology residents and fellows will find *Focus on Sleep Medicine: A Self-Assessment* a useful study aid for subspecialty board preparation, but also valuable as a supplement to other texts during elective rotations in Sleep Medicine.

Reviewed by John J. Millichap, MD

Disclosure: Dr. Millichap serves on the Neurology® Resident & Fellow Section editorial team.

Copyright © 2011 by AAN Enterprises, Inc.

Note to Book Publishers: *Neurology*® provides reviews of books of interest to the clinical neurologist. Please send any books for possible review in the journal to: Robert A. Gross, MD, PhD, FAAN, Editor-in-Chief, Neurology, 1080 Montreal Ave, St. Paul, MN 55116. Inquiries can be directed to: Journal@neurology.org. Please note that not all books received are chosen for review. We do not return books.

Neurology[®]

Book Review: Focus on sleep medicine: A self-assessment

John J. Millichap

Neurology 2011;76:e39

DOI 10.1212/WNL.0b013e31820e7c1f

This information is current as of February 28, 2011

Updated Information & Services

including high resolution figures, can be found at:
<http://n.neurology.org/content/76/9/e39.full>

Permissions & Licensing

Information about reproducing this article in parts (figures, tables) or in its entirety can be found online at:
http://www.neurology.org/about/about_the_journal#permissions

Reprints

Information about ordering reprints can be found online:
<http://n.neurology.org/subscribers/advertise>

Neurology® is the official journal of the American Academy of Neurology. Published continuously since 1951, it is now a weekly with 48 issues per year. Copyright © 2011 by AAN Enterprises, Inc.. All rights reserved. Print ISSN: 0028-3878. Online ISSN: 1526-632X.

