



Book review

Sleep issues in neuromuscular disorders. A Clinical Guide 1st ed. 2018 Edition by Raghav Govindarajan (Editor), Pradeep C. Bollu (Editor) 170 pages. 2018. ISBN 978-3-319-73068-4. Published by Springer.

This almost pocket-sized book claims to provide a quick reference to clinically relevant material in both sleep and neuromuscular medicine and is “filling a critical gap in the literature”. To some extent this multi-author text succeeds in its aims. The authors are all based in the USA and the book is predominantly aimed at readers in high income countries. It is extremely well referenced.

The first two chapters provide a useful overview of the basics of polysomnography and neuromuscular respiratory failure. There is a well written discussion on the role of the phrenic nerve and secretion management as well as an overview of the importance of expiratory/inspiratory muscles and the importance of paradoxical respiration. Intriguingly, there is no discussion of the utility of bedside sniff as a proxy marker for diaphragm weakness and little discussion of the advantages/disadvantages of VC versus SNIP with respect to reliability, reproducibility etc.

The following four chapters summarise motor neurone diseases, muscular dystrophies, neuromuscular junction disorders and peripheral neuropathies. I found these chapters slightly repetitive and there seemed to be an unhealthy obsession with restless legs syndrome, which in my

experience rarely troubles patients with MND, as they have more important things to worry about! However, each chapter contains a useful overview of the various investigations and interventions which are available. I was slightly perplexed that the chapter on MND promised a discussion on the role of tracheostomy but failed to deliver. I also think there was a lost opportunity to summarise the likelihood of ventilatory failure in the various muscular dystrophies; perhaps in tabular form. I felt the chapter on myasthenia spent a little too much time/effort on diagnosis and treatment of MG per se rather than focussing on the professed aim of the chapter.

The next chapter on Paediatric neuromuscular disorders was, I thought, one of the strongest in the book with a very good summary of the sorts of problems which occur and the interventional options available. The final chapters focus on ventilatory techniques/troubleshooting, with a good summary of the differences between CPAP and biPAP. The colour figures at the back were mostly informative apart from A7, which shows some coloured wires on a laminated background.

Overall I enjoyed reading and reviewing this book although I thought it a little overpriced at 89.99 Euros.

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