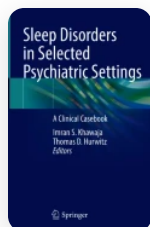


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# Telesleep Medicine

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## [Sleep Disorders in Selected Psychiatric Settings](#)

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## Abstract

Sleep disorders are prevalent, and our understanding of these disorders has grown significantly during the last few decades. Sleep laboratories grew out of intense research in academic centers and expanded to almost any major health-care establishment. Sleep centers provide comprehensive assessment, diagnosis, and treatment of various sleep disorders. Advancement of technology, the presence of the World Wide Web, and wireless services added to the universal presence of smartphone technology provided unprecedented connectivity and accessibility. Logically, sleep services that are most in need of a detailed interview and completion of some objective assessments are amenable to remote access. Telemedicine provides services in both synchronous and asynchronous fashion. The synchronous telemedicine includes practitioner's detail evaluation of patients in real-time, diagnostic assessments, initiation of various therapies, follow-up of therapy and assessment of utilization, evaluation of patients' knowledge, patient education, and implementation of cognitive-behavioral therapy of insomnia. Asynchronous services encompass review and

interpretation sleep study and other objective test results. Telemedicine promises to improve access to health care as it provides care anytime and anyplace. However, providing medical care using telemedicine has its complexities. In this chapter, we will review the application of telemedicine in the field of sleep services and discuss issues related to the implementation of telesleep (TS) in a government health-care setting.

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