

National Sleep Foundation launches free 'Sleep Disorders' online resource guide for primary care

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The National Sleep Foundation (NSF) is pleased to announce the launch of a comprehensive free online sleep disorders resource for all professionals in primary care. The "Sleep Disorders" guide is the updated web version of Dr. Peter Hauri's book, *The Sleep Disorders*, first published in 1977.

"We are honored to have worked with Dr. Hauri to extend the important work he began over 35 years ago," said David Cloud, CEO of NSF. The book has long served as a sleep care primer for generations of non-[sleep medicine](#) physicians and technologists. "The NSF will maintain and update this book as a free online resource for [future generations](#) as a tribute to Dr. Hauri."

Dr. Hauri served as a resource in bringing the book back for this new and permanent application and unfortunately died shortly before its completion. He was a psychologist and pioneer in researching the mechanics of a good night's sleep offering guidelines to combat [insomnia](#). He retired as the director of the Mayo Sleep Disorders Center.

"Finding sufficient time for sleep care education within formal medical school and other health care training programs has remained an elusive goal for decades," explains Cloud. "To address this challenge, the National Sleep Foundation is proud to make this "Sleep Disorders" resource accessible through a free and easy to navigate [web resource](#).

We developed this resource specifically for the non-specialist who needed a free, fast and convenient tool."

This online resources serves as a practical introduction to sleep apnea, insomnia, narcolepsy, circadian rhythm disruption, parasomnia, sleep-related movement disorders, and more. Easily accessible on portable devices such as iPad, ebook readers, this tool can be instantly pulled up in a physician's office.

Visit <http://www.sleepdisorders.sleepfoundation.org> for free answers about [sleep disorders](#) available online 24/7. While designed for [primary care physicians](#) and professionals, the general public is welcomed to access the content. It will soon be available in print.

Provided by National Sleep Foundation

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