

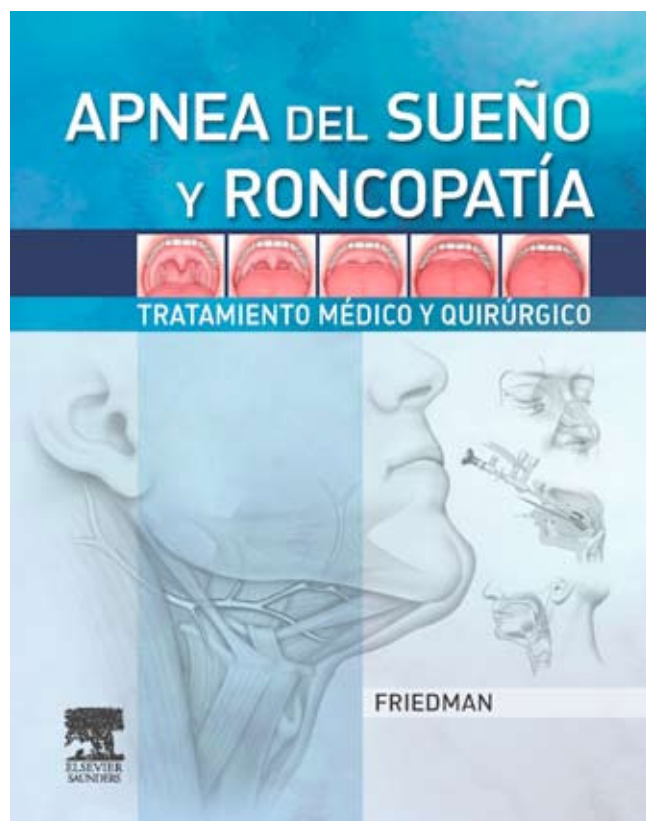
# Acta Otorrinolaringológica Española

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## BIBLIOGRAPHICAL REVIEW

**Friedman M. Apnea del sueño y roncopatía. Tratamiento médico y quirúrgico. Elsevier; 2010.**



The book *Apnea del sueño y roncopatía* ("Sleep apnoea and snoring") by Prof. Friedman deals brilliantly with the diagnosis and treatment of sleep apnoea (SA). It clearly sets out, with very didactic illustrations, practically all the existing surgical techniques to treat this highly topical pathology.

It is true that because there are so many different surgical techniques to improve SA, this could make you think it is because none of them fit the bill. This is true to a certain point. The structural characteristics of the upper respiratory tract can vary greatly in different SA patients and this obliges the sleep surgeon to select the most appropriate surgical technique in each case, so as to resolve the obstruction problem.

The most prestigious teams working in this field have written different chapters and, with extraordinary simplicity, have known how to depict their renowned experience. This book steers us towards taking two decisions, which in my opinion are essential for treating SA: selecting the patient and the most appropriate surgical technique.

In short, it is an indispensable book for any ENT specialist's library, especially for those for whom sleep disorders, and particularly SA, have for some time aroused a special interest.

Enrique Fernández-Julián

*President of the Snoring and Sleep Disorders Committee  
of SEORL and PCF, Madrid, Spain*

*E-mail address: fernandez\_enr@gva.es*