

## Book Reviews

### No More Snoring (1999)

Authors: Victor Hoffstein and Shirley Linde  
Publisher: John Wiley & Sons Inc., Chichester, Sussex, UK  
Price: £8.50  
ISBN: 0-471-24375-2

This book claims to offer a 'step-by-step program to curing your snoring problem' and it is therefore aimed primarily at the patient rather than the clinician. One of the co-authors, Dr Hoffstein from St Michael's Hospital in Toronto, has an impressive list of scientific publications in the field of snoring and sleep apnoea.

The initial section of the book explores the impact of snoring and sleep apnoea on patients, and their bed partners. The aetiology and relationship of snoring and sleep apnoea are well explained, and advice is given to patients on how to assess the severity of their problems in order to assist their clinicians in collecting an accurate history.

In the subsequent chapters, the authors adopt a methodical and sensible approach to the management of snoring, with the simple conservative treatments and lifestyle changes being advocated prior to the initiation of any more complex interventions. Thus, Chapters 4–8 give advice on reducing the intake of alcohol and sleeping tablets, diet control and weight loss, and eliminating household allergens. Other simple measures, such as changing sleeping posture and the use of commercially available nasal dilating devices, are also described.

The final three chapters discuss the more complex treatment modalities including nasal

CPAP (continuous positive airway pressure), pharyngeal and orthognathic surgery, and the use of oral appliances. The authors give a thorough review of these various options, explaining the effectiveness and potential complications of each. The account of the use of oral appliances is very good with the authors emphasizing that the management of snoring and sleep apnoea by dental clinicians using oral appliances should only be undertaken in close collaboration with the patient's physician.

The text mentions the main research carried out in this field in recent years. However, while it is accepted that the book is aimed at the layperson rather than the clinician, the omission of a bibliography was disappointing.

Overall, this is an excellent and inexpensive book which will be particularly useful for patients with snoring and sleep apnoea. In addition, as it provides a comprehensive review of the aetiology, diagnosis, and management of these disorders, the book would also find a space on the bookshelves of any medical and dental clinicians who are involved (or are considering becoming involved) in the management of snoring and sleep apnoea.

Chris Johnston

### Assignment and Thesis Writing (1999)

Authors: Jonathan Anderson and Millicent Poole  
Publisher: John Wiley and Sons, Chichester, West Sussex, UK  
Price: £8.99  
ISBN: 0-471-33927-X

This is the 3rd edition of a book which is marketed as a standard reference to assist

students in writing essays, assignments, and theses/dissertations. It is written by two authors

who have worked in many different countries including America, Australia, and the UK, and this makes it relevant to students of all nationalities. The point made in the first chapter, that many university courses rely increasingly on theses and written work, makes this book an important contribution to the literature.

The book is divided into three main sections that concentrate on 'The Nature of the Assignment or Thesis', 'Writing the Assignment or Thesis', and 'Revising the Assignment or Thesis'. The 15 chapters are clearly written and give useful advice to both students and supervisors.

Certain sections (such as Chapter 2, 'Planning the Assignment') are designed more for undergraduate than postgraduate use, but I think most postgraduates setting out on a Master's course would still find it useful to read these chapters.

The first section looks at planning the assignment and writing, as well as a useful section on 'The Computer as an Information Tool', which gives advice on searching for information on the Internet. The second section of the book is excellent, and concentrates on editorial style, format, headings, use of quotations, footnotes, and references. I wish I had found this book when I was doing my MSc it would have saved me hours of time! The last section provides check lists to ensure that the final thesis is accurately edited.

I think, for the price, this is an excellent book, which will be useful to both undergraduates and postgraduates. It should be on the shelf of every library. I will certainly use it again.

Susan J. Cunningham