

I know that there is a relationship between Fibromyalgia and deep sleep. I believe that there are five levels of sleep. I think that R.E.M. sleep is the third deepest level of sleep and that there are two deeper levels of sleep. If I am in error in any of this, please let me know.

Which level of sleep is thought to be deficient in people with Fibromyalgia? Are there any known sleep disturbances associated with CFS? What sleep disturbances (if any) are associated with clinical depression? Do antidepressants correct the sleep disturbances in these diseases? Are there any good books or medical journal articles about sleep disturbances and these diseases? Thank you in advance for all replies.

... The more inconvenient it is to answer the phone, the more it rings.

\* Origin: ONE WORLD Los Angeles 310/372-0987 32b (1:102/129.0)