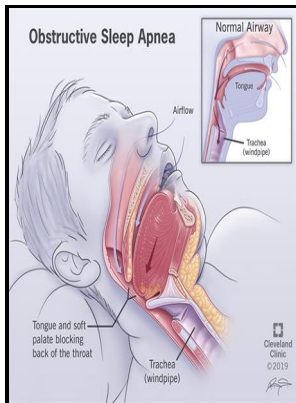


Understanding sleep - the evaluation and treatment of sleep disorders

American Psychological Association - Understanding Your Sleep Need : Ohio Sleep Medicine Institute



Description: -

-
Orange County (N.C.) -- Genealogy.
Deeds -- North Carolina -- Orange County.
Music -- History and criticism.
Composers -- Interviews.
Musicians -- Interviews.
Sleep disorders
Understanding sleep - the evaluation and treatment of sleep disorders
-
Application and practice in health psychology
Understanding sleep - the evaluation and treatment of sleep disorders
Notes: Includes bibliographical references and indexes.
This edition was published in 1997



Filesize: 67.51 MB

Tags: #Understanding #Sleep: #The #Evaluation #and #Treatment #of #Sleep #Disorders

Clinical Manual For The Evaluation And Treatment Of Sleep Disorders PDF Book

I realized that as the number of hours I spent sleeping decreased the number of questions I had about sleeping increased. Here's some information to help you get ready for your appointment. Narcolepsy Type 1 includes , a sudden muscle weakness or paralysis, whereas Narcolepsy Type 2 may include some muscle weakness but not to the same extent.

Sleep Disorders

Patients often experience insomnia symptoms when they are trying to sleep and excessive daytime sleepiness. This condition is quite common in young children.

Understanding Your Sleep Need : Ohio Sleep Medicine Institute

Deep sleep represents from 25% of sleep in young adults to little or none in healthy older adults. Your doctor may prescribe a dietary supplement called melatonin, which may help reduce or eliminate your symptoms. Sleep-Related Movement Disorders These disorders are characterized by abnormal movements during sleep that can be disruptive for the individual, as well as their sleep partner.

Brain Basics: Understanding Sleep

People who are chronically sleep deprived are more likely to be overweight, have strokes and cardiovascular disease, infections, and certain types of cancer than those who get enough sleep.

Understanding Your Sleep Need : Ohio Sleep Medicine Institute

It would have been a rare occasion for me to get 5 hours of sleep, which in time turned into my regular routine. Don't hesitate to ask other

questions during your appointment. Genes and sleep Genes may play a significant role in how much sleep we need.

Clinical Manual for Evaluation and Treatment of Sleep Disorders

You cycle through all stages of non-REM and REM sleep several times during a typical night, with increasingly longer, deeper REM periods occurring toward morning. Some of the successful therapies we use: Insomnia — Changes to sleep behaviors and environment, lifestyle adjustments, medication Sleep apnea — Precise fitting of continuous positive airway pressure CPAP mask to keep airway open, lifestyle changes, other treatments if needed Narcolepsy — Lifestyle changes, behavioral treatments, medication Restless leg syndrome — Behavior modification, medication Circadian rhythm sleep disturbance — Lifestyle changes, light therapy treatments Sleep Center Locations 215-481-2226 - Information 215-481-EXAM 3926 — Scheduling Sleep Disorders Center 1200 Old York Road Abington, PA 19001 Sleep Disorders Center 100 Medical Campus Drive Lansdale, PA 19446 Sleep Center at Blue Bell Suite 201, 686 DeKalb Pike Blue Bell, PA 19422 Sleep Disorders Center Third floor, Main Building 225 Newtown Road Warminster, PA 18974. Think of sleep deprivation as taking money from the bank, eventually you need to pay it back.

Related Books

- [Index Romanus: Auseinandersetzung oder Verbot.](#)
- [Psychological foundations of attitudes. - Edited by Anthony G. Greenwald, Timothy C. Brock \[and\] Tho](#)
- [Speaker and debater - a complete book of self-instruction in speaking and debating, based on Gibsons](#)
- [Their faces toward Zion - voices and images of the trek west](#)
- [Adolescent et son monde](#)