

Understanding sleep - the evaluation and treatment of sleep disorders

American Psychological Association - Understanding Sleep: Treatment of Sleep Disorders

Description: -

Orange County (N.C.) -- Genealogy.

Deeds -- North Carolina -- Orange County.

Music -- History and criticism

Composers -- Interviews

Musicians -- Interviews.
Sleep disordersUnderstanding sleep - the evaluation and
sleep disorders

Application and practice in health psychologyUnderstanding sleep - the evaluation and treatment of sleep disorders

the evaluation and treatment of sleep disorders
Notes: Includes bibliographical references and indexes

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Brain Basics: Understanding Sleep

Introduction Sleep is an important part of your daily routine—you spend about one-third of your time doing it.

Sleep Disorders

Tips for Getting a Good Night's Sleep Getting enough sleep is good for your health. The Transcriptional Repressor DEC2 Regulates Sleep Length in Mammals Ying-Hui Fu, Christopher R. I realized that as the number of hours I spent sleeping decreased the number of questions I had about sleeping increased.

Clinical Manual for Evaluation and Treatment of Sleep Disorders

Also known as Willis-Ekbom Disease, RSL is characterized by throbbing, itching, and other painful sensations in the legs and powerful urges to move the legs while they are at rest. These include peer-reviewed journals, government reports, academic and medical associations, and interviews with credentialed medical experts and practitioners. Most adults need 7-9 hours of sleep a night, but after age 60, nighttime sleep tends to be shorter, lighter, and interrupted by multiple awakenings.

REM sleep behavior disorder

In most cases, movements are isolated to the lower limbs. The higher the tolerance, the harsher the withdrawal effect will be.

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