

CIRCADIA

10 year old son. 10 years of non refreshing sleep/aches/pains. 11yr.old cant sleep. 12 YEAR GIRL W/TINGLY LEGS. 12 yr old daughter wont sleep alone. 12yr old with central apnea. 13 y/o with insomnia. 15 Month old severe sleeping troubles. 16 yrs and 16 doctors. 19 month old choking during sleep. 19 month old daughter refuses to sleep. 19 yr M Narcolepsy. 2 1/2 yr won't sleep. 2 hours a night, going insane. 2 hours of sleep a night for neally 3 months...i want to lill myself now. 2 Nights 0h Of Sleep. 2 Weeks on CPAP cant stand it. 2 year old - strange sleep problem. 2 year old who prefers the sofa. 2 yrs son discomfort sleep. 2.5 year old diagnosed with Central and Obstructive Sleep Apnea - Questions. 23 Month old waking multiple times nightly - working parents. 25 year old bedwetter. 25 year old. 2ndary consequences of Sleep Apnea diagnosis? 2yr old sleep apnea and irregular breathing. 3 hours sleep a night. 3 mg Lunesta, 1 mg. Xanax and now 15 mg. of Remeron???? 3 year old body jerks/twitches. 3 year Old. Snore. Holds breath. Gasps. All night. 3 years down the line and I can finally sleep! 3 years with life ruining symptoms. 3 yo. 33 years

old and afraid to sleep. 35 years of neck and sleep issues. 3y/o Daughter with Obstructive Sleep Apnea. 3YR OLD GIRL WITH JUMPING/JERKING MOVEMENTS IN HER SLEEP. 4 year old won't sleep! 4/6 hours continuous deep sleep. 48 hour sleep pattern. 5 week old, Sleeping. 5 year old twitching and jerking during sleep. 5 Year old with Sleep Apnea. 5 yr old boy won't go to sleep. 7 year old son will woke up late at night crying. 7 year old vomiting. 8 month baby with reflux & apnea? 8 month old baby with strange breathing behavior at night. 8 year old wakes up and cries. 8 yr old son jerks throughout night. 8 yrs old boy won-t sleep. 9 month old sleep. 9 year old daughter and sleeping problems. 9 year old hallucinations. ? about zolpidem. ?? ???Sleep Apnea??? [HELP!] Need to break off Stilnox. A dream about a spider. a few questions and maybe tips if you can help. a mix of insomnia and hypersomnia. A potential snoring fix... Has anyone else tried this? a question on Ambient. A restless mind and sleep problems. A revelation. A sleepy tired woman trying to get back on track. A Sound I Hear Preventing Me From Falling Asleep. A very weird

“nightmare.” A weird sleeping habit. abandonment. abnormal dreams from drugs. Abnormal Sleep pattern. About my Sleep Paralysis. About ramelteon. About Rozerem. Accident & sleep & shoulders. Aches and pains with sleep apnea. achy legs during sleep. Acid reflux – CPAP breathing machine. acid reflux inhaled. Adderall & weight loss. Adderall night sweats. addicted to ambien. Addicted to sleeping pills. Addiction vs Sleep Deprivation. adrenal function and sleep. Adult night terrors. adult night terrors? Adult nightmares. Adult sleepwalking. Advice needed for “insomnia.” Advice on bad dreams .... Advice on Mixing Tramadol, Zopiclone and Trazodone. advice sought... advice. Afraid of sleeping??? afraid to drive. Afraid to Sleep. AHI and Oxygen Saturation Levels. AHI over 30. air pockets. All alone. all I do is sleep! All i ever wanna do is sleep? why? allergies seem to be worst since i’ve been wearing cpap. Allergy reaction to ‘plastic’ smell of cpap mask and tubes. almost fell asleep in my car and got in an accident. Alpha Intrusion and Reduced REM and Delta sleep. Alpha Wave Intrusion. already sent out. Alternate for CPAP in obs sleep

apnea? Always Falling Asleep. always had nightmares,nose problem. Always kicking in my sleep? Always passing out. always sleepy. Always sleepy.. ALWAYS SOOO TIRED. Always tired, sleeping during the day and still exhausted. Always tired. Always tired. Always tired. Always tired. always tired. Always wake up at the same time everyday! Am being trapped in nightmares. am I addicted. am i crazy? Am I dreaming about suffocating WHILE actually suffocating? Am I Going To Die While Sleeping? Am I too young to get a CPAP? am or pm for anti depressants? Ambien not that good? ambien & side effects. ambien & suboxone. Ambien addiction. ambien and nyquil interaction. Ambien and Trazedone Combined. ambien and xanax and still no sleep. ambien CR is doing nothing to help me sleep. AMBIEN HELP!!! Ambien is destroying my marriage. Ambien is my safe place. Ambien or Melatonin. Ambien or trazodone. Ambien Side Effects. Ambien statistics. Ambien versus temazepam. Ambien withdrawal using gabapentin. Ambien withdrawals? Ambien-CR. ambien-im in need of sleep please help. ambien. ambien.

Amitriptyline and alcohol. An impossible sleep problem. An update. Anesthetic. Anbien and alchohol. and now i add sleeping problem to my medical issues. Anxiety and Tired. Another Inquiry about Sleep Paralysis and Bed Shaking. Another night... Answering the question on night terror/feeling like someone is sitting on your chest-sleep paralysis. Anti Depressent & Beta Blocker. Anti-depressant without insomnia. Antidepressants for insomnia. anxiety no sleep & mental thoughts. Anxiety about going to sleep... Anxiety and 3 hours sleep. Anxiety and sleep disorders. Anxiety and sleep. Anxiety causing a mental block where i cant fall asleep. Anxiety induced insomnia. anxiety meds, lack of sleep, possible depression? Anxiety or Other? Anxiety or sleep! Anxiety over sleep for 1yr now - please read, pretty desperate at times and worried about another breakdown!!? Anxiety prior to going to bed. anxiety, hearing voices, visual patterns. Anxiety, Sleep Apnea, Xyrem. anxiety. Anxiety/insomnia. anxiety. any advice ? Any bed movement wakes me up, all night. Any explanation? Any advice welcome! Any link between sleep apnea, tinnitus and some chest pain?

any natural equivalent!!? Any new drugs. Any other Insomnia Sufferers??? Any positive insomnia stories? Any sleepwalker can take a look at this idea? Any Tempurpedic Cloud Luxe owners out there? Any Tips for Sleeping Better? Anybody here who's got to be caught by surprise by sleep. anybody know. anyone awake. Anyone been to a sleep study? Anyone else experience these in clusters? Anyone had this and improved? Anyone have a positive thing to say about sleep aids and which ones? TY... need the good not the bad here. Anyone have natural remedy advice for better, uninterrupted sleep? Anyone know what this is? anyone please help me. Anyone snore and it affects mouth or cheeks? Anyone tried Olanzapine? Anyone work after not sleeping for two days? apnea and seizures. apnea and seizures. apnea problem. Apnea treatment. Apnea? Apple Watch for Sleep Paralysis. are sleeping pills necessary for a 11yo?? Are there any CPAP users? Are there any foods that can help me fall asleep faster? arm is numb when I sleep on either side. arms go to sleep at night. Ask Doctor Park Anything About Sleep Apnea. Ask Dr. Park Your Question About Sleep

Apnea. Ask Dr. Park: Holistic Sleep Apnea Surgery. Ask Dr. Park: Over-The-Counter Snoring & Sleep Apnea Options: Do They Work? Ask Dr. Park: Upper Airway Resistance Syndrome. asking query. asleep but mind still awake. asleep but not asleep. Aspirating Acid. Astral Catalepsy VS Sleep Paralysis. At Last I'm nearly free. ativan for insomnia. Ativan for sleep? How much is too much. Attention Narcoleptics! Awake all night, asleep during day, and depressed. How do I fix this? Awake all night. Awake and Asleep at the same time - Please Help. Awake and Tired. awake but asleep. Awake but not awake. Awake but paralyzed. Awake for two days and feel like I'm losing it...!!! Awake in dark but dreaming of being trapped. Awaken suddenly from sleep in a panic and high anxiety. Awakened by nightmares. Awakening from sleep seeing strange visions. Awful sleep disorder. Haven't slept well since the age of 3. Awoken by pounding heart. B-12 in soymilk and sleep. BACK PAIN, NO SLEEP HELP! bad dream that i couldnt wake myself up. bad dreams and inanimated objects moving and feel like bugs are everywhere ! Bad dreams. Bad dreams. Bad feeling pre-



venting sleep. Bad insomnia. Bad insomnia. Bad insomnia. Bad Sleep pattern after a holiday :( Jetlag, or sleep disorder? Bad Sleep Patterns. Bad sleep problems - advice needed. Bad Sleeping Habits. Barely Functioning. Be Careful with Xyrem. Bed Time. Been clean for 5 days now off vicodin and still cant sleep tried almost anything. Been dreaming everynight since I was a kid, anyone know of any natural remedies to cut it down. Been having a hard time sleeping for 2 days and Cant sleep today. Been having trouble falling asleep and waking up every hour or two, need help. Been on CPAP regularly for a year but still get afternoon drowsiness. been sleep apnea almost 1 yr now?? Been taken Hydroxyzine for one week and no side affects? Been Unable To Wake Up Early For Over 5 Years! Behavioural induced insufficient sleep disorder? benadryl and nurofen withdrawal. Benadryl no longer effective... benadryl and and allergic reactions. Benzodiazipine trouble..help I'm going through hell! Best device to stop snoring. Best mattress / pillow / bed type for sleeping in a particular position? bi-PAP full face masks. BiPAP update. Bipap. Bipolar. Bizarre Waking

Dreams. Bizzare nightmares/hallucination. black eye bag. Blacking Out Instead of Sleeping. bloodwork results. Blue light spectrum. bmwjaws. body asleep but mind awake. Body heat production in insomniac or sleep deprived people. Body Jerks When I Try To Rest. Body Sleeping.. Mind Awake. Body Trembling and Nausea due to fatigue? body twitches. body twitches. Bodybuilder sleepless nights. Books on insomnia. Borderline... Bottle. boyfriend's chronic insomnia is improved when he stays with me. Why? brain fog and fatigue. Brain fog caused by OSA or by another sleep disorder? Brain Inflammation. Brain lesions, anxiety, and untreated sleep apnea. Brain Scan. Brain shutdown. brain zaps. brathing. Braycardia/o2 81%/ Low Waking Blood Pressure? Breath and snoring problems. Breathing and Facial Tics. Breathing issues w/ Myoclonus or Sleep Starts. breathing probelms while sleeping. Breathing Problem. Breathing stops and shaking. breathing. Breathlessness and low saturation's when sleeping. BREATHLESSNESS ON LAYING DOWN FOR SLEEP. Brew a remedy for the brain. Broken sleep cycle. Broken sleep pattern... broken sleep.

Bromazepam used to make me stay asleep but I get 6 hours max is this normal. brother needs help. Bumps on kneecap and buttock. burning different part of the body and head and can't walk for long. burning sensation in in my left calf at night. Burping and farting noises from C-pap mask. Butterflies in stomach when I try to sleep. by brain wont let me sleep. c-pap side affects. C-Pap with Oxygen. c-pap. Caffenie. Can a baby have narcolepsy? Can a sleep disorder cause vertigo? Can an infection cause unusual sleep patterns? Can anyone direct me as to where to go from here? Can anyone relate to this? Can anyone suggest me the best anti snoring spray to cure snoring? Can anyone tell me why I had a dream of my teeth decaying? Can B12 prevent sleep paralysis. Can caffiene cause premature waking. Can Fall Asleep, But Can't Stay Asleep. can gastropar-sis kill me i have had this for 10 years and vomeit up to 4 hours after somethink to eat. Can hormonal changes cause insomina. Can lack of sleep cause fainting? Can narcolepsy and hypoglycemia be mistaken for each other? Can never fall asleep due to negative thoughts. Can no sleep make somebody go insane?

Can remeron cause anxiety. can sleep apnea cause hallucinations. Can Sleep Apnea Cause Vertigo/Dizziness? Can sleep in day but not at night? can sleep on a side prevent sleep apnea? Can Sleep Test Results be influenced by high testosterone. Can somebody please tell me what the hell is wrong with me? Can someone develop a tolerance to xanax from using it sporadically? can stay asleep. Can this drug be used with an antipsychotic drug as a sedative/for help with insomnia? Can we avoid snoring by losing weight? Can you have both Narcolepsy & Insomnia? Can you help me figure my insomnia symptoms? can you help me. Can you learn to sleep through vibration and noise? Can you really build tolerance to Melatonin through daily supplementation? can you suffer multiple sleep disorders. can you take. Can't breathe properly. Can't fall back asleep after early A.M. visit to the loo. Can't figure out what is wrong?! What do these symptoms sound like? can't get rested. Can't naturally fall asleep. Can't open eyes during sleep. Can't Sleep - Cold then Sweating. Can't sleep - Have a stuffy head and no cold. Can't sleep all of a sudden. can't sleep at night - due to

meds b.p. Can't sleep at night time. Can't sleep at night, only during day time. can't sleep at night, tried everything, please help. CAN'T SLEEP AT NIGHT. CAN'T SLEEP AT NIGHT. Can't sleep dry mouth. Can't sleep I'm 15. Can't sleep longer than 3-4 hours, feel like I awake every night from a nightmare. Can't sleep more than 2 straight hours anxiety. Can't sleep since couple of days. Can't sleep unless i know I can sleep in. can't sleep unless i take something and then i can't get up. Can't sleep with cold air. can't sleep without sleep tablets. Can't sleep! can't sleep. can't sleep. can't sleep. can't sleep. can't sleep. can't sleep. can't sleep. Can't stay asleep for more than 2 hours!!! Can't stay asleep, feeling desperate. Can't stay asleep. Can't stop Loranzepam. Can't wake up before 11 and can't fall asleep before 12. cannot control sleeping. Cannot seem to sleep anymore and my body is back to its old ways? :( cannot sleep and i have nightmares. Cannot sleep even with medications. Cannot Sleep Mind Busy - Stress... Cannot sleep, seems like my body is afraid to sleep. cannot sleep. Cannot stop sleeping? Cannot wake up after brain surgery. Cannot wake up in the

mornings. Canss not sleep. CANT FALL ASLEEP AT NIGHT! WHAT TO DO??? Cant Fall Asleep Until Exactly 3 A.M.? cant get sleep. Cant get to sleep..hate going to bed. Cant identify languages? cant keep my eyes open while driving... cant lsleep without the pill. Cant move when laying down!!!! cant open eyes. CANT SLEEP ! Cant sleep , vivid dreams or thoughts. Cant sleep a week in a month. cant sleep at night but can sleep all day. cant sleep at night! cant sleep at night. cant sleep at night?should i take sleeping pills....? cant sleep at the end of my taether and dont know where to turn. Cant sleep driving me crazy. Cant sleep is it because of the Pill? CANT SLEEP LONGER. cant sleep most nights. Cant sleep the night through. Cant sleep unless really tired. Cant sleep, heart beating. cant sleep. cant sleep. cant sleep. cant sleep. cant sleep. Cant sleep. Some sort of "paralysis" happens before I sleep. Cant speak or move in dream and wake suddenly. cant stay awake. cant stay sleeping. Cant wake up. cant,sleep. cataplexy running in family's. Cataplexy-Can someone explain what is feels like? Cataplexy. Cataplexy? Catract. Caught between two

doctors.. cause of insomnia. Cause of waking up every 2-3 hours? Causes of muscle spasms in REM sleep. ceiling fan. central and obstructive sleep apnea. Central ap and reras. Central apnea. Central Apnea/Anxiety/Vertigo are they all part of the same thing. central canal stenosis, CSF effacement with spinal cord distortion. Central Sleep Apnea - BiPap Not Helping. Central sleep apnea and nicotine. Central Sleep Apnea and progressive muscle atrophy. central sleep apnea or what? central sleep apnea. central sleep apnea. central sleep apnea. central sleep apnea. cervical fusion and sleep apnea. Cessation of breathing upon entering deep sleep cycle. CFS or Narcolepsy?? Change in sleeping pattern has made me tired all day. Change my sleeping pill from temazepam to. Ambien. chest ache/discomfort/pain. Child (now 3years old) Twiches/Jerks During Sleep Several Times Since Birth. Child having trouble sleeping and realistic dreams. Child Sleep Habits. Child Sleep Walking. child snoring loudly. Child twitches when waking up. Children sleep habbits. Children who don't sleep. Children's sleep issues. children's sleep problems. Chill during

nap. chloroform. choking while sleeping. choking and talkin while sleeping. choking at night, face flush, shortness of breath, shaking, chest feels heavy, Heart racing. Choking in sleep. Choking in sleep? chronic back and all over body pain. chronic insomnna/12 steps/medication/faith. Chronic Insomnia (1yr), with other symptoms. Chronic Insomnia - HELP! Chronic insomnia and depression. Chronic insomnia and palpitations. Chronic insomnia or sporadic fatal insomnia. chronic insomnia. chronic insomnia. chronic insomnia. chronic insomnia. chronic insomniac and hemangioma in my brain. Chronic Nightmare Disorder - What to do?! Chronic sleep disorder. Chronic sudden insomnia for 1 year now and ongoing. Chronic pain and Sleepyness. Cipro, seroquel and trazodone interaction?! Circulation in arms. Circulation issues while sleeping. citalopram. Citalopram/Celexa dosage adjustment affecting sleep. Clocks going forward/back. clonazepam taper from .5mg bedtime. Clonazepam. Clonazepam. CNT sleeeep!!! cnt sleep. co-codamol. cognitive behavioral or other therapy for insomnia? Cognitive Behavioral Thearpy. Cold



medicine and nuvigil? cold sweats during sleep? Combating nausea on modafinil. Combination of sleep problems. Combining Trazodone and Ativan? comorbid adult ADHD. Completely lost ability to sleep. Completely lost the ability to sleep. Compulsive Scalp Picking. Computers and health. Concern for pain below my left eye. Concerned with mixing Percocet and Aiteril, can I take the both of them? CONFUSED. CONFUSED. Confusing Sleep Study Results. Congratulations to your Community Leader- bobblyan1958! connection between lack or poor sleep to occipital neuralgia. Consistently sleeping from 8am-4pm. Any advice on how to reset this FAST? Constant bad dreams. Constant bad/anxiety filled dreams! Constant dreaming. Constant Dreams/Nightmares. Constant issues with sleeping now beginning to take its toll. Constant sleep walking/night terrors. Constant sleeping. Constantly sleeping. Constantly Tired. Continuous vivid dreaming. continued sleepiness with treatment. coughing. Coughing/Choking. could ayahuasca help? Could daily anxiety meds help me sleep? Could I be having nocturnal myoc-

lonic seizures? Could I have Nacrolepsy? Could my REM sleep be burning me out? Could sleep deprivation be causing this? Could UARS be the issue? Couldn't breathe. Couldnt Catch Breath When Waking Up. Puzzled! Counting sheep. CPAP & sneezing/runny nose. CPAP - Sinus Infections. CPAP AND ANKLE/LEG SWELLING. CPAP and apnea. cpap and gas. cpap and gas. CPAP and Still Mouth Breathing. CPAP and stuffed ears. CPAP cause for painful and swollen joints? CPAP cause pneumonia or bronchitis? CPAP causes sneezing. CPAP failure. CPAP Help. CPAP machine? CPAP makes me feel worse. CPAP mask causing redness and whiteheads. CPAP or Aftermath of nasal polyp dislodge? cpap problems. CPAP showing no AHI. Cpap stops working. cpap with perforated ear drum. CPAP, sneezing, running nose, headache. CPAP. CPAP. CPAP. Cramps While Sleeping. Crashing sleepiness and overwhelming fatigue...what is going on? Crazy dreams, wild nighttime talker. Crazy Sleep Disorder Symptoms. Crazy theory involving pineal gland. Crazy vivid dreams. creepies. Cronic Drinker, cannot sleep for days when sober.

Cronic Fatigue Syndrome? crying in sleep. crying in sleep. CSA without drop in O2? Daily Night terrors. Damn insomnia! Dangers of Snoring. Darvoset addiction for. Day 2 of Zolof for Sleep Anxiety... Daymares. daytime apneas. Daytime sleepiness, Sleep Apnea, Stimulants. Daytime tiredness. dead walking. Debilitating insomnia... Debilitating insomnia... no sleeping pills work...causing rapid aging....literally about to lose everything... help please! Decreased QOL. deep sleep. Deep Sleeper problems - should I be concerned? DEFINITIONS SLEEP TRACKER. Dehydration after a nights sleep. Delayed Phase Shift Syndrome. Delayed sleep phase disorder? Delayed Sleep Phase Syndrome. Delete account. Delusions and hallucinations before falling asleep. demon? ghost? or me? dental device and sleep apnea. Dependant on Ambien cr and Lunesta. depenence on Alproslam for sleep. Depressed anxiety. Depressed with insomnia since end july 16. Depressed, anxious, insomnia, desaturation index. Desperate for a Tip - Breakdown & Late Nites. Desperate for answers! Help Please (sleep graphs ). Desperately need sleep. Despite Ambien, going to bed ear-

lier, cant STAY asleep. Deviated Septum and Periodic Limb Movement Disorder. Dexamfetamine how many. Diagnosed with severe sleep apnea. diagnosis. diagnosis. Did I take too much xanax and trazodone? Didn't sleep for 4 days, and now finally fell asleep but for only 20 minutes then wake up. difficult sleep. difficult to get a quality sleep. Difficulty breathing in sleep but I'm conscious when it happens. Difficulty Sleeping for several weeks. Difficulty sleeping, and random shooting pain in limbs? Difficulty sleeping. Difficulty staying up late. Difficulty to sleep deeply...wake up exhausted! Difficulty waking up. Diovan and insomnia. Disabled vet with TBI. bizarre early sleep cycle behavior on video. disabling tiredness if awoken once during night. Discontinue Ativan medication. distorted faces. Disturbed Sleep, in crisis. disturbed sleep. Disturbing sleep. Dizziness while sleeping. dizziness. dizzy even rest on bed. Dizzy/Out of Reality? Do any of you suffer from sleep paralysis? Do I have a sleep disorder? Do I have a sleep disorder? Do I have a sleeping disorder? Do I have a true sleep disorder??? Do I have a type of sleep paralysis? Do I have

an overly active mind? Do I have delayed sleep phase disorder? Is using cannabis to help me fall asleep during more conventional hours hurting me? Do I have delayed sleep-phase disorder? Do I have DSPD. Do I have insomnia? Do I have insomnia? Do I have narcolepsy? Do I have Sleep Apnea? Do i have sleep apnea?? do I have sleep Paralysis or something? do i have sleep paralysis? Do I have sleeping problems for the same reason a person has an eating disorder? do I have slight sleep apnea ? Do I really have Sleep Apnea? Do the presence of RERAs indicate sleep apnea? Do these symptoms justify a sleep study? Do Trazodone (Oleptro) side effects go away? Do vivid dreams interrupt sleep enough to cause chronic fatigue? Do you get migraines from using cpap. Do you have trouble sleeping? Do you know of a good “non-addictive” sleep aid? Doctors can’t tell me what’s wrong so I’ll ask here. Doctors don’t understand. doctors. Does Ambien cause tinnitus? Does Anyone Get A Burst Of Energy After 6 pm ? does anyone get a SINUS headache from lack of sleep can it kill you????? Does anyone know what this could be? Does anyone relate? Does anyone suffer

from chronic insomnia that has been caused by emotional abuse in their childhood. Does central sleep apnea and alpha wave intrusion are related ? Does green tea helps to get a better sleep? Does it all add up? Does lack of sleep stunt growth? Does memory loss still there after stopping Ambien eventually return? Does my roommate have narcolepsy?!?! Does not sleeping much make anxiety worse? Does Sleep affect weight gain? Does sleep apnea show up on a 24 hour heart monitor? Does sleep deprivation stunt growth? does taking melatonin work. Does the quick withdrawal of elavil cause insomnia? Does the white noise sleep machine really work? Does this sound like RLS or PLMD. Does this sound like sleep apnea? Does this sound like sleep apnea? Does your CPAP mask bother you? Don't know how to sleep - problem unknown. don't know what's happening. Don't Sleep. DONT WAKE UP WITHOUT ALARM. dosing off. doubt treatment. Doxepin and Insomnia. doxylamine. doxylamine. Dr. Greg Jacob's Insomnia CD. Dr. Park's Expert Interview with Dr. Richard Quinttus on Oral Systemic Balance. Dragged down by physi-

cal exhaustion. Dream all night. Dream allot. Dream mixed with Reality. Dreaming & Sleep Disorder. Dreaming a lot and remembering every detail. Exhausting! Anyone? Dreaming of spiders what does this mean? Dreaming of the room I'm in. Dreaming to much. Dreaming while awake. Dreaming While Awake? Dreaming whilst awake. Dreaming, a sleep disorder? Dreaming..? very confused. Dreams affecting memory. Dreams all night , wake up exhausted. Dreams literally coming into reality. dreams seem real life. dreams. dreams. dreams. dreams. dreams. dreams. dreams. Dreams... drew need's to know. Drifting to sleep, then not breathing? Drinking alcohol every night to sleep. Driver Anti Sleep Alarm. Driving me mad !!!! Drooling heavily every night. drug addiction. Drug interaction. Drug interaction. drug interactions. drug interactions. Drug recall on a narcolepsy medication. Drug-induced (withdrawal) restless leg or akathisia???? Dry mouth & after effects of this conditon. dry mouth and dry sinus. Dry mouth and sinuses, insomnia. Dry mouth. DSPS (Delayed Sleep Phase Syndrome) Help?? DSPS, Lack of deep sleep, Mild Sleep

Aponea and Melatonin usage - What dosage? DSPS. edema (hand swelling) making it impossible to sleep. EDS. EEG and sleep disorder - feel deflated. Effects of over dose. Effexor. elbow sleeping. Elderly Father. electric shock, lower back and neck. Electric shocks/brain zaps when falling asleep! Electronic Sleep Monitoring Devices. endometriosis pain. endomistroy. Enlighten Me / My condition. epilepsy my clonic. Episodic Paralysis Upon Waking. Ergent Please Help Me. Every doctor dismisses me. Every over night. Ex-wife Overdosed Ambien/Alcohol going to hospital. Excessive Daytime Sleepiness. Excessive Daytime Sleepiness. Excessive Sleep and headaches. excessive sleep and still tired. Excessive sleep, days to weeks. Excessive Sleep. Excessive Sleeping. Exhalinh/inhaling problems. Exhausted after sleep, but only at weekends. Exhaustion since pericarditis. exhaustion. Expert Interview: Dr. Mack Jones on Neurologic Complications of Sleep Apnea. Expert Interview: Dr. Raymond Silkman on Holistic Dentistry (Part II). Expert Interview: Dr. Raymond Silkman, Holistic Dentist. Expert Interview: Michael Goldman of SleepGuide.com.



Expiration blocked. Extreme Anxiety/ light insomnia. extreme body temp. extreme fatigue. extreme painful swelling of feet and ankles. Extremely Realistic burst dreams / false awakenings. Just curious. Extremely tired. eyes open when sleep. Eyes won't stop twitching after REM disruption. eyes. Face contortions and eye flashing while falling asleep? Face getting hot at night when sleeping?? Faces. fainting after laughing? Fainting(?) during sleep. FALL ASLEEP AND STAY ASLEEP. Fall asleep then wide-awake. Falling asleep and accident? Falling asleep at the wheel while driving, What is going on? Falling asleep in daytime, anyone experienced or can advise? Falling asleep suddenly for seconds at a time. Falling asleep suddenly. falling asleep when driving. Falling Asleep While Driving. Falling Asleep While Driving. Falling asleep while still awake. Falling asleep wierd sensation. falling asleep without warning. Falling immediately into REM sleep when sick. Fatigue. Fear I have Fatal insomnia didn't sleep at all last night. Fear of going to sleep. fear of sleeping on my own. Fear of suffocating in my sleep. fear. Fed up. Feel like I'm dying while

asleep. Feeling 'icky' when tired the whole day. feeling a little better - trouble sleeping. Feeling dizzy while sleeping. Feeling Dizzy, Drunk or Drugged in my sleep. Feeling heavy while walking. feeling in a borderline state after not being able to sleep. Feeling paralysed when I wake up from sleeping. Feeling sleepiness suddenly. Feeling sleepy all day along. feeling sleepy. Feeling someone is in the room when sleeping. feeling tired during the day. feeling unwell. Feeling weighted and extreme fatigue, yet can't sleep through the night. feeling. Feels like I am choking in my sleep. feet on fire. feet tremors. Fetal stretch relieves my RLS for 24 hours. Fibromyalgia. Finally! Fine tuning Sleep Disordered Breathing. First time using CPAP, limbs tingling. Fisher Wallace simulator. fitbit. fits in my sleep? Floating outside my body. Floating. Flu or something worse. Flu symptoms and terrifying sleep problems. Fluoxetine to Lamictal, insomnia. Forgetting to inhale is this sleep apnea. foul breath. freaking out. Freaking out...please help... FREE Moody Me - Mood Diary and Tracker iPhone App. Free Sleep Tracker. frequent dreams. Frequent spells of sleeping. Why?

Friend with no doctor recently passed out with no pulse, HELP. Friends have mentioned I should get myself checked for sleep apnea. Frightening HH Experiences. Frightening sleep paralysis and scared to go to sleep... From the lower right side of my back down to the back of my right thigh. Full body electric shock sensation/tingling while sleeping/dreaming. gabapentin vs vistaril. Gall Bladder Surgery. Gasping for air at night. Gasping for breath. gasping in my sleep.....help!!!! Generally unwell. Get your Sleep On It - Free Sleep Tracker and Alarm App! getting 5-6 hrs but still sleepy through the day. Getting attacked by unknown thing while sleeping. Getting my daughter to sleep. Getting only dream-sleep after waking up in the middle of the night. Giggles55. Girlfriend stops breathing in her sleep. Absolutely NOT sleep apnea. Give myself enough time? gnawing stomach pain interrupts sleep. Goes into deep sleep, stays there & can't then wake up. Going to sleep at 6 am, sleeping all day, now nauseous in the evening. Good Night Sleep Help. Goodbye night shift. grandmamma7. grey spider. guide. Had a dream.. and it actually happened in real time...

please help! Had terrible sleeping habits, now my surroundings don't look real? Hag Syndrome. hair stop growing. half asleep and half awake everynight. half awake hallucinations. Half night sleeper , half paralyzed. Half sleep walking? hallucinate during the night?? Hallucinating during sleep. Hallucinating When I wake up? Hallucinations after taking up. Hallucinations at night. Hallucinations in my Sleep. Hallucinations when I sleep every night. Hallucinations, Choking. hallucinations. hand sleep. Happend when i was young and now again, very tired. hard to fall asleep, wake up 20+ times a night, always tired. Help? has anyone ever hallucinated this.. ?? Has anyone experienced seeing this when waking up? Has anyone experienced something similar to this? Has anyone experienced this? Has anyone got any feedback on Amitriptyline, good or bad? Has anyone had an \"out of body\" experience? Has anyone had incoherent babbling and jerking when trying to fall asleep? Has anyone had it when sleeping, when you feel like your heart has stopped? Has anyone taken Rozarem for sleep? Has anyone told their spouse they were in love with someone else under

Ambien? Has anyone tried anything to prevent HHs?! Has remeron ever done anything weird to u. Has sleep apnea caused heart problems. Has zopiclone ruined my life for ever? have any tips? Have Fibromyalgia I'm Taking Amitriptyline 10mg for sleep. Have I lost the ability to sleep now? have not slept for a long time. Have really bad trouble sleeping. Have you ever heard of someone outgrowing Restless Leg Syndrome? Have you used the Itmar Watch Pat ? Haven't been sleeping. Haven't slept in 2 nights. What can I do? Haven't slept in 4 days. Haven't slept in three days. Haven't slept properly for months. haven't slept. Haven't slept for 3 days...help? Anyone else experience this stuff? Having a dream and laughing out loud HARD in reality while asleep. Having a hard time catching some z's? Having issues with thinking dreams are real after I wake up. Having read the above comments - a lot of my previous ex... Having sleep issues after baby-what's next. Having sleeping issues ever since I can remember. Having Trouble Getting to Sleep? having trouble sleeping due to bad dreams. having trouble sleeping. having trouble sleeping. hav-

ing trouble sleeping. Having unexplained side effects. Having weird feelings while I'm asleep that wake me up. HBP medicine and insomnia. HC1 Form - Student with Narcolepsy. Head and neck Trauma. Head Bumping During Sleep 40+ yrs. Head feels like a Balloon! Head heavy. Head pressure, drowsy/ spaced out every 2 weeks. head problem. Head rolling and dream state. Head rush/pressure, cant even sleep anymore. head sensations when trying to sleep. head shake in sleep. Head Shaking. head sway for a second as one is fatigued. Headache and bubble sensation after sleeping. Headache and Increased BP on CPAP. Headache and Insomnia. Headache as I try to fall asleep/ feel like fainting. headache caused by CPAP. headache upon waking after sleepwalking. headaches from sleep apnea. headaches+dreams. Headaches, Fatigue, Insomnia. headaches-backaches-aching lungs. HEADACHES. head-rolling effects? health issues. Healthy sleep; what is it? Hear music in my head... hearing but sleep? hearing it also. hearing music also. Hearing music wakes me up. Hearing music? hearing violins when I'm trying to sleep. Hearing voices etc when

half asleep? Heart beating fast and can't go to sleep. Heart stopping while falling asleep, help! heart vibration in sleep. Heavily Sleep Deprived, I'm Out Of Ideas. Heaviness in the Head. Heavy Breathing and foaming/spit during sleep. Heavy Breathing on Exhale. Normal inhale. Heavy Breathing. Heavy Doses of Ambien Substitute Zolpidem. heavy drinker, self harm sleep walker. Heavy Sleeper. help :( Help a sleepless teen?? Help and Advice wanted. Help asap please!!!! help fall asleep with antihistamine but do not want side effect. Help for dreaming about dreaming and not being able to wake up. Help from sleep tech/doc. Help is anyone out there experiencing similar. help me , im over dreaming! Help me please! help me please. help me please. help me please. help me sleep at night! Help me sleep. help me wake up. feel, want, and move. HELP ME! HELP ME!!!! help me. help my botfriend. Help my friend. help no sleep insomnia. help or suggestions. Help please. I am writing a book. help please..any advice appreciated. Help PLZ!!!! help sleeping. help this 6 year old sleep. Help to quit zopiclone. Help with a diagnosis, I suffer from DSPD (diag-

[illegible]



half ye... HI, I HAVE BEEN SEARCHING IF ANYONE  
HAD EXPERIENCED THE ... HI. HI. HI. HI. HI. high  
anticardiolipin antibodies of 311 what does this mean? High  
Blood Pressure When Falling Asleep. high red blood cell count.  
hit shock/energy in my brain when trying to fall asleep. hol-  
lowing in my sleep. Home from Sleep Study; Tech asked a  
question. hope. Hoping to find some help? Hormones replace-  
ment and sleep disorder. Horrible Adrenaline Rush!!! Horrible  
dreams. Horrible Insomnia (Caused by Statins?) horrible leg  
pain. Horrible Reoccurring Dreams. Horrible sleep depriva-  
tion and fear of never being able to sleep again... Horrible  
Time Getting To Sleep. Horribly oversleeping and can't con-  
trol sleep schedule. What is wrong with me? horrific fearful  
agonizing scream and it wasn't me. hot and cold sweats. hot  
feet. Hot feet..? hot spells. hot spells. Hotness of boby. How  
bad is snoring? how can a stop fighting in my sleep. How can  
I cure sleeping too much. How can I get Medicaid to pay for  
Adderall or Ritalin for Idiopathic Hypersomnia? How can I  
get rid of Zolpidem dependency??? how can i get to sleep eas-

ier. How can I help my housemate with chronic insomnia? How can I sleep for more than 2 hours? How common is Cataplexy? How do I break the cycle? How do I come off zopiclone. how do i get the same results i used to get from taking one 10 mg. a night. How do I sleep more then a few hours? How do I stabilize my sleep? How do you get your brain to shut up? How do you travel with a CPAP machine? How does sleep apnea effect you? How has insomnia affected your life? How long does it take to work mirtazapine15 mg. How long for APAP to help? How long should you wait for sleep study results? how long. how many is bad. How much deep (stage 3 and 4) sleep do we need? How much sleep do I need? how to avoid sound from nose while sleeping? how to cope with nightterrors as adult of 60+ How to fall asleep faster?? How to fall asleep in spite of noisy neighbors? How To Fix My Sleep Schedule? How to get back to being able to sleep. How to get the Suqual reduse”ed. How to get used to a CPAP. How to go to sleep naturally advice please. How to improve my sleep in depression? How to meditate in bed to get sleep?

how to reduce medications. How to restore sleep architecture?  
How to stop remembering your dreams. How to stop snoring.  
How to stop snoring? husband can't keep eyes open while  
driving. husband has insomnia and normal tips to get to sleep  
don't work for him. Husband has violent night terrors. Husband  
snores all night. Husband Snoring During Sleep. husband w/  
sleep apnea. Husbands Night Screams - Remedy Needed.  
Husbands very strange sleeping habit?? Hydrocephalus. hypae-  
salivation. Hypagogic Electric Shocks + Sleep paralysis.  
Hyper insomnia yet I have no sleep coming my way lately...  
Hypersomnia - anyone been diagnosed. Hypersomnia.  
Hypersomnia. Hypnagogic Hallucinations Being a doctor  
expected to work long and wildly swinging... Hypnagogic  
Hallucinations How can my mind be so cruel??? Hypnagogic  
Hallucinations Triggered by tricyclics. Hypnagogic hallucina-  
tions. Hypnagogic Heart pangs. Hypnagogic Jerk involving  
the Anal Sphincter? hypnagogic jerks. hypnagogic myoclonus.  
Hypnic Jerks / RLS. hypnic jerks constantly. hypnic jerks pre-  
venting sleep. Hypnic Jerks. Hypnic Jerks. Hypnic Jerks. hyp-

nogogic/hypnopompic hallucinations. Hypnopompic dream about breast cancer, should I be concerned? hypnosis sleep. hypoglossal nerve stimulation. Hypoxic brain injury. hysterectomy. I am a 35 year old male that has been suffering from NAR... I am a new CPap user. I am in desperate need of a solution as this is affecting my work life! I am not able sleep. I am petrified to sleep! Please help :( I am so Tired. I am struggling to sleep even after my medication. I am suffering from insomnia after what looks like an allergic reaction to dental drug. any advice. I am talking to people at night and I realise they aren't real. What is this? I am wakened while falling asleep. Very difficult to get back to sleep. I am wide awake after ambien-help. I am worried about an upcoming MSLT, what should I do? I asked this on the wrong forum, but really need help. I bite my arm whilst sleeping. I can hear music in my head before I go to sleep. What does this mean? I can only seem to get 2-3 hours of sleep a night. I can't cope with insomnia anymore. I can't eat when I wake up, but I have an emty stomache. I can't get rid of my jet lag. I can't get to sleep and I'm exhausted in

the mornings. I can't get up in the morning and its wrecking my life. I can't live like this. I can't sleep at night. I can't sleep deeply & feel so tired the whole dau. I can't sleep for more than 2 hours max.. I can't sleep well because of my anxiety disorder what can I do? I can't sleep! I CAN'T SLEEP! IT'S IMPOSSIBLE!!! I RARELY FALL ASLEEP!! I can't sleep!!!! I can't sleep, and I fear I'll never be able to (bad sleep anxiety). I can't sleep. I can't sleep. I can't stand it... I can't stay up at night at all. I can't wake up! I cannot sleep at night time, only during the day. I cannot sleep at nite! I cannot wake up - Serious help needed!!! i cant differentiate dream and reality. I cant sleep and Im suffering becuae of It. i cant sleep at all, am i dying. i cant sleep. i cant sleep. i cant sleep. i cant sleep. i cant sleep. i cant stay awake..do i have narcolepsy? I can't keep my eyes open during the day. I can fall asleep at any time! I desperately want to quit Ambien - 20 years on sleep meds. I Don't Know How To Fall Asleep!! I don't know if I have a real problem or if it is psychological. I don't know what I have. Maybe RLS? I don't know whats wrong with me anymore. I

don't wake up to anything. I don't want to fall asleep. i dont now whats wrong. i dont think is sleep paralysis! I dream every night and sometimes jump up attacking spiders. I dream I have swallowed something. I feel a crushing pain in my head every time I experience sleep paralysis. i feel dizzy when i close my eyes and try to fall asleep. I feel like I'm actually dying when I try to sleep. I feel like I'm killing myself. I feel tired after waking up with the breathing machine. I felt like i was shocked awake while i slept. I go to sleep aafte rmeals and am short of breath. i got rls. I had my first HH at about 5 years ago at age 39. That ... i had not been able to breathe in my dream and i woke up and couldnt either. I have "night time sleeping disorder with hunger pangs. I have a herniation of nucleus pulposus at C5 C6 and severe sleep problems. i have a question am i seeing things? I have a sleeping problem. I have a terrible sleep cycle and I don't know what to do anymore. I have a weird sleep paralysis and I'm really freaked out! I have anxiety about sleeping what works best. I have been having electroshocks right when I try to fall asleep! what should I do? I have

been having hypnagogic hallucinations for about 2 ... i have been rocking my head before and during sleep since infancy am 14. I have been suffering from hoarseness due to paralysis of left vocal cord for last 3 years. I have had cataplexy and narcolepsy for a few years now ... i have had narcolepsy and cataplexy for 30 years now but... I have had narcolepsy for all my life, although i was not... I have horrible leg pain and insomnia. I have literally lost the ability to sleep, and am completely losing my memory. i have major sleep problems sleeping 12 hours or more & other related sleep issues. I have mild sleep apnea. i have mild sleep apnea. i have ms for 22 years. I have never had a full night's sleep in my life. I have no idea what's wrong... I HAVE PROBLEM FALLING ASLEEP. I have problem staying asleep and anxiety. I have serious problems. I have sleeping problem. I have some Problems. I have too many dreams at night. I HAVE TREMORS WHILE I SLEEP. I have trouble sleeping at night but when I finally get to sleep I don't want to wake up. I haven't slept in 3-4 days I don't really know, I'm only 16. I haven't slept in 4 nights, what should

i do? Please help! I haven't slept in 5 days and nothing seems to work, what should I do? I havnt slept in over a month! I just can't sleep! I just can't sleep. I just dont sleep anymore. I keep waking up suddenly and hallucinating spiders? I know im dreaming, but i cant move or do anything. I miss sleeping, so much...how can i have good night sleep? I Must Start a New Sleep Cycle , I Need Help. I need answers,...please!! I need CPAP help! I need help getting to sleep.. I need help sleeping at night. i need help,, I need help.!!!!! I need Help...this is ruining me completely! I need opinion and direction. i need serious help before highschool next year. I need some advice about sleep. I need some friendly advice about sleeping pills. I need some help in diagnosis. I need some help with use sleep-ing exprience. I need some natural cure to sleep. I need some serious advise. I need to sleep. I need way too much sleep! i need z's. I never feel tired, I stay up all night, and force myself to sleep at 6am every day. Help? I often am lying in bed asleep and hallucinate that a bi... i only sleep a few hours everyday. I opend my eyes from a deep sleep and I saw a red thing flying



around my room. I quit the Ambien. I recently have been waking up like I'm suffocating. I regularly have hypnagogic hallucinations. I can see a... I see realistic dreams with my exact room settings why does it happen? i see spiders at night with open eye. i see spiders at night. I see spiders xx. I see things at night. I see things that no one else sees... I see things when i sleep. I see things when I wake up at night, partially when I fall asleep. I Should Be Sleeping. i shout in sleep. I sit up and throw myself back down while half awake. i sleep a lot. I sleep all night in REM. I sleep and I'm tired. i sleep only 4 hours a day. I sleep to much... I sleep too much. I sleep with me eyes open Why?!?!? I slept 6 hours last night! i snore and droll and. I sometimes feel scared to close my eyes when I want to sleep. I started thinking about it again, what is it? I stop breathing. I struggle to fall asleep, can anybody help? I suspect I am being drugged. I think I dreamt I had a stroke? i think i have a sleep disorder. I think i have a type of insomnia! I think I have Fatal Insomnia. I think i have Insomia! I think I may have narcolepsy, how do I convince my parents to get me tested? I think

I might have DSPD. I think my mind writes music... I thought it could not get worse-Narcolepsy. I took lortab 10/500 earlier around 3pm for pain. Will it hurt me now at 1:28am to take some goody pms to sleep? I wake myself up just as I start to doze off. I wake up after 4 hours and can't fall asleep again for the past 6 days. I wake up at night and then can't easily fall back into sleep. I wake up at night choking and have been tested for everything.. I wake up but not fully, and I can not move, and I am struggling so much to keep my eyes open. I don't know what's happening. I wake up every morning between 6:30am and 7:00am to poop. Regardless of what time I sleep. I wake up frightened and see dark figures in my room. I wake up in the middle of the night. I wake up in the night petrified of a dream that isn't even scary? I wake up often at night. I wake up seeing things, whats wrong with me? I wake up to my snore. I wake up to see people talking to me in my room? i want to get pregnant. i want to know why i cant sleep. I want to use Sleep Tracker to monitor nocturia (night-time urination). I was awake but couldn't move!! I was choking in

my sleep last night. Sleep apnea? I was wondering if it's normal to shake your head while falling asleep. I will be able to have a baby with this condition? HELP. I woke up from a dream and found myself unable to move. I'm 16 and fighting insomnia. I'm Always Tired. I'm always tired... I'm an art student who is creating a piece of work on sleep. I'm fading away. I'm fed up with fighting a constant battle everyday. I'm haunted by my dreams. I'm having problems with my sleep patterns. I'm lost... can anyone help? I'm Not Sure. I'm sleeping all of the time. I'm sleeping more time. I'm suffering from total insomnia. I'm terrified to sleep. I've been depressed, cant sleep for a while, what should i do? I've been having bad insomnia for a week now... Help? I've been told the amount of pills I take at night can kill me? I've been waking up at 4:45-5am every day no matter what time I go to sleep. I've been worried about my sleeping because I'd NightMare and Night Terror, what Should I do? I've got insomnia and finally went the doctors, but I'm so frusted. I've suffered with insomnia for the passed 10 years. i really in need of some help! Idiopathic

Hypersomnia (IH). I don't know what is going on. If I stop taking nortriptyline after 4 days will I get withdrawal? I'm 14 and I need some help... I'm 20 and my night terrors have started again. I'm a freak when it comes to sleep. I'm not sure what it is... I'm such a light sleeper? Images while sleeping and wake up tired and stressed. impotent & narcolepsy. I'm. In 1997 I went over to see my doctor as I was feeling a little... In the fog. Inability to fall asleep, don't know what to do. Please help read my story. increase in heart rate and blood pressure. Increased heart rate during REM sleep, then even higher after waking? infant sleep disorder. infant sleep disorder. Infants Irregular Breathing.. Information on xyrem. Insomnia after gallbladder removal. Insomnia for a year now. Insomniac/not sleeping but still dreaming? Is that possible? Insomnia & Hypnic Jerks, Desperate for Sleep. Insomnia (Amitriptyline and Mirtazapine). Insomnia (supposedly). Insomnia ? insomnia after sex. Insomnia after TKR. Insomnia after workout. Please help. Insomnia and Ambien. Insomnia and burning sensation in groin area. insomnia and depression. Insomnia and low blood pressure. Insomnia

and micronaps. Insomnia and nightmares. Insomnia and pregnant and jerking awake. Insomnia and propranolol. Insomnia and racing thoughts. Insomnia and rapid heart beat. Insomnia and waking up during the night often. Insomnia and zopiclone tablets. Insomnia associated with Injury. Insomnia by toxic poisoning. Insomnia came out of nowhere!! Insomnia caused by Vitamin D deficiency? Insomnia causing terrible anxiety! insomnia dont understand the forum structure. Insomnia driving me insane. Insomnia due to excessive dreaming. Insomnia Every Other Night. Insomnia experience due to an excessively creative personality! Insomnia for 2 months - what can I do? Insomnia for 4 months not sure what's wrong with me... Insomnia for 8 years, now pregnant and very anxious. Insomnia for about a week. Insomnia for more than a year, need advice, please help! Insomnia for over two weeks and still going! Insomnia from heavy smoking ? insomnia from last 2 years.. just get 3 hours of sleep some days still feel active n rested next day. insomnia from medication. Insomnia in Tropical Country. Insomnia is doing my head in! Insomnia is messing me up in

all accounts. Insomnia is ruining my life. Insomnia is ruining my life. insomnia most of my life. insomnia never sleeps ;) Insomnia only durring the Summer. Insomnia or something else? Insomnia or something more serious? Insomnia probably caused by anxiety. Insomnia problem, please help! Insomnia question. Insomnia question. insomnia since 2012, I'm 27 and have tried about everything. Insomnia tales and Melatonin sales... Insomnia weird. insomnia with sleep apnea. Insomnia+tinnitus+headaches. Insomnia, Herniated cervical discs. Insomnia, how to face the long nights! Insomnia, PTSD. Insomnia- Health anxiety. Insomnia-worse since dx'd w/ dysautonomia. Insomnia. Insomnia. Insomnia. Insomnia. Insomnia. Insomnia. Insomnia. Insomnia. Insomnia. Insomnia. Insomnia. Insomnia.. hyperthyroid?? Insomnia...? Insomnia/Depression/Anxiety/Confusion HELP! Insomnia/Nortriptyline-help. Insomnia/Nortriptyline-help. Insomnia: Signs of recovery or regression? Insomnia; Adrenal Fatigue; Natural Sleep Aids. Insomniac Heavy Sleeper. Insomniaddict in need of good sleep. insomniphobia. Insonmia

again. Insurance denying Nuvigil- anyone tried generic provigil? Intense hunger in the middle of the night... Intense snoring. Interacting with things in my sleep? interaction between prozac and valerian? Interesting, heavy feeling while trying to sleep. Intimidated by sleep??? Introducing a new Community Leader! Introducing Health Pages. Introducing the Sleep Tracker. Invitation from Dr. Park. Invitation from Dr. Park: Is Your Teen Sleepy? involuntary arm/hand movement during sleep. Involuntary kicking right before falling asleep! involuntary movement in feet. involuntary talking, jumping, contracting yelling...just prior to sleep. Irregular Sleeping Patterns. is all reports say normal or exceptional how is possible to have seizures. Is Ambien A Class B Or C Medication??? Is Ambien Addiction Causing my Insomnia? Is Ambien making me sick? Is Central Sleep Apnea 'intermittent'? Is good mattress guarantee better sleep? Is Insomnia Really A Sleep-Breathing Problem? Is it a dream? Or is it Sleep Paralysis? IS IT ALL CONNECTED??? Is it better to fight it with drugs or just let it happen? Is it Chronic Insomnia - NEED HELP.

Is it Insomnia? Is it Narcolepsy? Is it normal to hear noises upon waking up? is it ok to take aspirin? Is it okay to sleep less than 5 hours in the week but over 8 hours at the weekend? Is it possible for cannabis to help with early awakening insomnia? Is it possible to dream too much? Is it related? is it sleep apnea? is it true. Is my 2yr old having seizures. Is my diet making it hard to sleep? Is Narcolepsy a Neurodegenerative Disease? Is oxygen use necessary ? is prilosec 40mg otc or 20mg otc. Is SEXSOMNIA possible in my case?? Is sleep study at home reliable? Is sleep the underlying problem here? Is something wrong with me? is t sleeping disorder or something bad spirit. Is taking xanax to sleep considered preexisting condition for depression? Is there a physical imbalance that can prevent sleep? Is there a solution for edema caused by CPAP ? Is there a way to get my brain to shut off? Is there alternative treatment? Is there anything I can do about this effect from Ambien and Geodon. Is there anything I can do to stop lucid nightmares ? Is There Something Wrong With Me? Is there such thing as earplugs that wrap around the ear? Is there such thing as too



much sleep? Is this a 'recovery insomnia' phase? Is this a sleep disorder or epileptic episode? Is this a sleeping disorder. Is this all related. Is this always gonna happen to me? Is this considered a disorder or something else? is this insomnia? Is this narcolepsy...or a symptom of another condition? Is this Narcolepsy? Is this normal for my age? Is this sleep apnea or stress? Is this sleep Apnea. Is this sleep Apnea. Is this sleep apnea? Is this sleep apnea? Is this sleep paralysis? Is this sleep paralysis? Is this Sleep Paralysis? Who knows anything about this? Is this sleepwalking? Is waking up numerous times normal? issues while i sleep, i think i'm going mad!!!! It feels as though I can never turn off, and fall into a sleep. It happens every now and then. It occurs even if sleeping. It was very scary, What happened?? It's going to be a bad night's sleep when... It's impossible to go to sleep. itch. itching all night. Itching before sleep. itching. itching. Its my own fault. Ive been awake for over 400 hours, what should i do? ive been having problems sleeping am loosing the will to live because of it. Ive been struggling with Insomnia for months now. What can i do? I'm

Desperate for answers Please. I'm so tired but as soon as I get into bed I'm wide awake. I've been waking up multiple times a night for 2 weeks, what's going on? I've had an ongoing sleep issue, please help! Jerking and Gasping during stage 1. Jerking awake throughout the night. Jerking before going to sleep. jerking during sleep. jerking in newborns. jerking legs and body. Jerking movements at onset of sleep. Jerking. jerks keeping me from falling asleep. Jet Lag. Jolted from sleep. Jolting awake gasping for air. jumping in sleep. Jumping out of sleep & heart problems. Jumps in my sleep. Jumpy arms. just a jerking. Just dx'ed. Just got a CPAP machine - when can I drive again? just had surgery and now can't sleep due to cough. Just need advice and reassurance about insomnia. Just over a year ago my 15 year old daughter started fal... Just Wondering if there are any others with a dx of narcolepsy on this site? Kadie. Kavinase for sleep? keep felling asleep. keep waking up and hard to fall asleep. Keep waking up extremely tired. keeping awake at night. Kicks n toss n turns n sleep. Kleine-Levin Syndrome. Klonipin & Insomnia. KLS and Narcolepsy? LACK

OF OXYGEN TO BRAIN???? Lack of sleep and depression. Lack of sleep bringjng on far worse problems.. lack of sleep cause a bleeding nose? LACK of SLEEP GETTING TO ME. Lack of Sleep. Lack of Sleep. Lack of Sleep. Lack of Sleep. Lack of Sleep. Lack of Sleep. Lack of Sleep. Lactose intolerance vsinsomnia. lamictal and ambien. Last Month Worst Sleep Ever! Last nights sleep study results questions. last year i started having heart palpitations while falling to sleep. Laughing in your sleep. Left abusive ex, having nightmares trying to get me or something bad happening. Left hand numbness while sleeping. leg burning pain is there. leg cramps. leg movement in sleep. leg pain. legs jumping. Legs shaking and more problems. Let me sleep. Lexapro and Motrin interaction or side effects when taken together? Lexapro side effects. Lexapro. Lexapro. Life threatening sleeping pill resistant insomnia please HELP! Life-long insomnia. Light electrical sensation especially before I fall asleep. Light sleep leading to violent fall into deep sleep, help plz? Light sleeping , waking up every 1 hours , vivid dreams, and tired of it . light when going to sleep.

Lightheadedness and double vision after eating my breakfast?  
Like a zombie. List of better alternatives to benzodiazepine.  
Listen To Dr. Park on Radio. Little by little the time I can  
spend awake keeps decreasing. Little Insight - Second Major  
Battle with Insomnia. LIVE CHAT ON MH THYROID -  
TODAY - SEE DETAILS. Live Health Chat: Sleep Breathing  
Disorders, May 13th. liver cirrhosis/cough. Living my life  
with Insomnia and Hypersomnia... LIVING WITH  
NARCOLEPSY AND CATEPLEXY. long dreams, waking  
up exhausted. Long Episodes of Sleep Paralysis - undiagnosed.  
long question, BIG PROBLEM. help please. Long Term CPAP  
use & potential lung complication. Long Term Effects of Sleep  
Deprivation. Long term side effect due to using Phernegan.  
Long term sleep issue - I dont want to sleep! long term sleep  
issues. Long Term Sleep Problems. Long term sleep, nausea,  
headaches, 'droppy head' for my 6 yr old. Long term Zolof  
problem. long time sleep disorder. Long time use of meds  
harmful? looking for a sleep med. Looking for experience with  
these sleep meds. Loose stools while sleeping with ambian. lose

of muscles when i laugh. loss of sleep. Losy control during sleep. Loud thoughts/ voices just before falling asleep. Low Blood Oxygen Levels Despite Usint BiPAP. Low dose long-term Melatonin; Second Opinion. Low dose of remeron + tachycardia. low o2 at night to 56%...worry or no? low oxygen level when sleeping. low oxygen, terrible sleep apnea, please help! Lucid dreaming while awake? Lucid Dreaming. Lucid dreams and dreamwalking. lucid nightmares. Lunesta (zopiclone). Lunesta for sleeping. Lunesta question. Lunesta questions. Lunesta--one of the safer meds for longer-term use? lunesta. made up conversations in my head. Maintenance insomnia. Making a weird noise as I start to fall asleep? mapping sleep cycles. mask setup. Masturbation while sleeping. Mattress Thoughts. mechanical aortic and mitral valves make a lot of noise. Med reaction. Medical condition that causes insomnia? Medical Question. medication dosage. medication side effects. Medications for Hypersalivation. medications ie rezerem. Medications/Methods to fall asleep and STAY asleep? megadoses of provigil. meication interactions. melatonin and

alprozalm. Melatonin and Sleep. melatonin as an aid to sleep. Melatonin in night owls. melatonin keeping me more awake than before shall i stop it? Melatonin Side Effects. Melatonin. Melatonin. Melatonin. memory loss during sleep. memory loss. Menopause. Menstrual cycle and weak bladder. Metal madness?!? michael707. micro Sleep ? Middle of the night awakenings why? middle of the night insomnia again - 2 to 3am wake up. Might have Narcolepsy, what do you think? migraines. Mild sleep aponea. mind asleep , body awake? Mind Awake but can't move. Mind is dreaming but eyes are awake? Mind keeps wandering while asleep. Mind Won't shut down when I try to fall asleep. Mirapex vs; Requip on strengths/Drug's making my RLS worse. Mirtazapine 15mg. Mirtazapine/doxepin/zopiclone still tired during day !! Miss. Miss. missing my step. Mixing Valerian and Melatonin? Mixing zopiclone 11.25mg Tramadol 100mg. Mo' ques. about sleep study. Modafinal for Narcolepsy. more than one sleep apnea test? More tired with more sleep? Morning Headaches. Most Effective OTC Sleeping Pill + Q's. most embaressing sleep

moments.... mother. Moving too much in my sleep. mr hoal. mrs perfitt. Mrs. Mrs. MS and sleep disorder. Multiple alarm clocks, early nights, verge of bankruptcy, still can't wake up for work, WHY!? Multiple sleep disorders or one broad disorder? Help. Multiple symptoms, sleep disorder, sensitivities, heart racing..help! Murky&aggitated final stage (last hour) of sleep. Muscle fasciilation waking me in sleep. Muscle jerks tremors. Muscle Spasms and Sleep Apnea. muscle tightness during sleep. Muscle twitching. Must get into bed in afternoon, HELP. MY 10 YEAR OLD WILL NOT SLEEP THREW THE NIGHT. My 11 year old son can't fall asleep. My 11 year old, problem sleeping away from home or mother. my 11 yr old trouble sleeping. My 2 year old doesn't sleep! My 2 year old wont sleep!!!! HELP!!! SOS!!! my 3 year old has central sleep apnea. my 3 year old has central sleep apnea. My 3 year old son wakes 5-6 times a night screaming. my 3 year old wont go to sleep. my 3 year old wont sleep. my 5 year daughter. My 9 year old daughter cannot sleep!!! HELP!! My 9 year old son can't sleep. My 9 year old won't Sleep. my almost 9 year old

with “can’t sleep” anxiety. my anxiety is making me sleepless (just another rant). my big question. My body and brain don’t recover with sleep. My body is giving me weird sensations for the past two nights. My boy won’t sleep before us. My boyfriend has been experiencing weird sleep. My Brain Doesn’t Shut Up. My brain FEELS too alert when I try to sleep. My brain going into dream condition if attempt to sleep, please help. My brother had a hypnopompic hallucination. My cocktail of drugs anxiety, depression, insomnia, agoraphobia. My Dad won’t wake up. my daughter and her sleeping problems!!!! BAD!!!! my daughter sleep. My daughter stops breathing in her sleep.... My Daughter Wakes Early Everyday. My daughter won’t sleep properly. My daughter. My daughter. My daughters night terrors. My experience is not as extreme as some. my father. My friend is having horrible nightmares from meds and alcohol. My friend. My girlfriend doesn’t stop moving when she sleeps...please help!!! My hand clenches my wife’s side as I drift off to sleep. My Head Bangs During Sleep. My husband gets hot and itchy at night. My husband sleeps 2-3 times more



than he is awake? My latest attack of SP was horrifying beyond comprehensi... my leg violently kicks all day and night. My man has unaware sexual dreams of other woman. My mom has issues sleeping, causing family problems. My Mom is suicidal on Zyprexa, Trazadone, and Klonopin. My Mother and two sisters were prescribed Dexamfetamine. My mother has an insomnia disorder for a long time ! solution? my mother has sleep disorders in these years. my own voice in my head when trying to fall asleep, any similar experiences? My penis is always erected at night even though I don't think about sex. Is this the cause of my insomnia? my problem is sleep i get run down and i just need a group to talk to. my sleep is getting worse?? My Sleep Is Ruining My Life (I'm 21). My sleep pattern is really weird, am I getting enough sleep? My Sleep Problem Story. Please help. My sleeping pattern and insomnia is getting progressively worse, what should i do? MY sleeps starting to stress me. My sleepy left eye. My son has nightmares. My son is suffering from sleep paralysis. What should I do? My son is suffering from sleep paralysis. What should I do? My

Sone Won't Sleep. my stomache and my upper back under my neck are burning as if they're on fire. My story: anxiety, energy & sleep. My story: anxiety, energy & sleep. My twenty yr old woke up to dry blood on his bed and hands came from his nose? my two and a half year old son. My Vivid Dreams. my wife jerks in her sleep. Myoclonic Jerks Several Times A Night? Myoclonus? Or some other serious condition? Nail biting and Narcolepsy? Nap = Sick. Nap terrors?? napping - a huge problem. Naps improve night sleep. It's absence leads to insomnia. narcolepsy & other symptoms. Narcolepsy - reasons for dx? narcolepsy and anesthesia. Narcolepsy AND Insomnia. Xyrem ruined my life. Narcolepsy can diagnosis be wrong? Narcolepsy med question. Narcolepsy related to pain?? Narcolepsy symptoms. Narcolepsy with Insomnia?? Narcolepsy, Hypersomnia, or other? Narcolepsy. Narcolepsy. Narcolepsy. Narcolepsy. narcolepsy/cataplexy. Narcolepsy/excessive sleepiness/sleep apnea. Narcolepsy? Narcolepsy? Can anyone describe their experience? Narcolepsy? I need help before school starts again! narcolepsy. Natural Short Sleepers Get Depressed When

Oversleeping? Natural sleep aids. Natural Sleep Techniques. Natural Ways to Help? Nausea caused by withdrawal from Unisom? nausea. neck problems while sleeping. neck. Need a good night's sleep?? Need advice I am desperate. Need help about finding with sleep study. NEED HELP ASAP! Need help ASAP! Must figure something out now! Need help now, please help. Need help sleeping! Need help with my Five year old son. Need help with my severe insomnia. Need help!! need help. Need help. Scared, confused, curious. Need Some Answers on Sleep Apnea. Need some insight on my insomnia and condition? Need to know the full effect of Mirtazapine. Nerve Problem. nerves fall asleep while driving only. nervous breakdowns and seizures. nettle tea instead of, say, valerian... Neurofuse and sleep. neurological disorder. neurological question. Neurontin. Never feel rested, but sleep long and deeply - normal, or some disorder? Never had a problem with sleep and anxiety.....until now.... Never sleep anymore. New and in HELL !! new diagnosis finally for the sleep issue. new diagnosis? New here and questions.... New here on this ques-

tion. New Problem. New Stress Forum. New to night sweats. New to sleep apnoea. new to zolof. New Vivid Dreams.... nicknamed "Dream Jumper." Night cold sweats but no fever. night crying. Night dreams. Night episodes. night fears. Night hallucination and numbness? night heat sensation. night noises. night seizuers. night showering. night sleep vs day sleep. Night Sweats on chest. Night Sweats. night tarrors. night terror. Night Terrors - Waking Terrors?? Night terrors and parasomnias. Night Terrors and problems swallowing - 2 year old. Night Terrors in Adults. Night Terrors. Night Terrors. Night Terrors. Night Terrors. Night Terrors. Night Terrors. Night Terrors..... night terrors? night terrors? night terrors? night terrors? Night waking and hurting legs. Nighterrors or PTSD? Nightmare all night every night and waking with heart pounding. Nightmare within first minutes of falling asleep. Nightmare, then hallucinations in dream. NIGHTMARE. NIGHTMARE. NIGHTMARE. NIGHTMARE. Nightmares about "waking up" that are really hard to wake up from for real. Nightmares and injuring myself. Nightmares and shaking bed during sleep.

Nightmares and/or jolting terror. Nightmares happening while I'm awake? Nightmares i constantly have. nightmares of spinning and wake up with temers. My breathing has also changed. Nightmares straight after I go to sleep. nightmares turn real. nightmares! Nightmares, Lucid Dreams, dying sensations after a bad trip on Weed. Nightmares, Sleepwalking, Disturbed Sleep, Eating at night - can't find a way to stop! Nightmares. Nightmares. Nightmares. Nightmares. Nightmares: when i get hurt in the dreams it happens for real no joke! nightnare yelling can't wake up. Nighttime episodes of choking while sleeping. Nighttime Sleep Study results! Narcolepsy? No Diagnosis. no dreams no nightmares just blankness? No dreams. No REM sleep. No REM sleep. No sleep at all tonight - please help. No Sleep Eeeeeerghhhh! no sleep with fibromyalgia. No sleep, busy day. No sleep, but always sleepy. No sleep, medicated, not tired during the day either. no sleep,no proper sleep times,,tired of f dreaams. No sleep. No sleep. No stage 3/4 sleep. Nocturnal arm numbness. Nocturnal Emission Interrupted. Nocturnal fainting. nod off

for a second while driving. Non-wearable sleep-trackers. Noone else has what I have please help. Not a question more of a rant. Not able to sleep properly for the last few years. Not able to sleep. Not able to stay asleep. not alone. Not feeling great. not getting proper sleep. Not inhaling while asleep. Not necessarily an Apnea Question, Simple Question Regarding Sleep Schedules. Not RLS. Not sleeping and not digesting. Not sleeping at all. Not sleeping more that 3 hrs at night. Not sleeping since this knee injury. Not sleeping. Not sleeping. not slleping properly. Not sure if I should worry. Not sure whats wrong with me... nocturia. numbess in arms and hands. numbness in right arm while sleeping. Numbness in right leg. numbness. numimg. Nurse w/severe RLS. Nuvigil, hope it's not to late. Nuvigil/Provigil. Nyquil for sleep?? nytol. OBSESSIVE THOUGHTS/ANTICIPATORY ANXIETY KEEPING YOU UP? Obstructive Sleep Apnea due to neck injury? obstructive sleep apnea-- in air tight room and in open room. Obstructive Sleep Apnea. obstructive sleep aponea. obstuctive or central. Occasional insomnia with frequent urination and

rapid heart. Occasionally insomnia? Odd Convulsions when trying to relax. odd sleep patterns. Often shock when asleep. Okay, this just started happening. omovane. On Stilnox and Lexotanil. On Tregatol and taking Nytol. ongoing erratic sleeping patterns. Only get 4h sleep/day! Caused by medicine? Which? Only sleeping for 2 hours. Opiate Induced Central Sleep Apnea. ordering meds. Orthopedic surgeons and sleep study referrals. OSA & pvc's? OSA advice. OSA and Vtach episodes. OSA effect on thoughts. osa o2 at 62%??????????/ otc drugs for sleep problems. Our new Health Devices Community is now open! over sleepiness. over sleepiness. Over Sleeping. Over Sleeping. over sleeping? Over tired ! Overactive mind WHILE asleep. Overcoming Insomnia. Oversleeping and tired all the time. Oversleeping Effects? Overthinking deprives me from sleep. What should i do? Oxygen levels. Oxygen. Paid Market Research - Obstructive Sleep Apnea (OSA). Pain above my left eyebrow. Pain and paralysis during sleep. Pain in left arm/elbow while sleeping. Pain induced insomnia. Pain. Panic - re: xyrem, fibro and bipap. Panic attack during sleep. panic

attack in sleep. Panic Attack Nightmares. Panic attacks when going to sleep!? Panic Attacks whilst sleeping/ Night Terrors... Not sure what I'm experiencing! Panic upon Waking. Panic when falling asleep. Panicing. paralysis while asleep. but awake. Paralyzed and struck with fear, feels too real! paralyzed painful dreams. Paralyzed Sleep / Lucid Dream. paralyzed sleeping. Paralyzed while sleeping. Paralyzed while sleep. paranoid of clothes or blanket touching upper body at bed time???? sleepless night!! Paranoid, hallucinating, but still mobile and aware that I'm safe? Parasomnia. Parathyroid transplant. paralysis and electric currents, need advice!!!! Parents do not understand. paroxysmal insomnia. Partial oral breathing tube? Partially wake up unable to move. Partner is aggressive in bed. Partner Snoring drives me berserk. passing out to sleep. Pattern of movements hypnic jerks. Paxil. peeeeeeeeeee-  
peeeeeeeeeeeeeeeee!!!! Peeing while sleepwalking after getting intoxicated. People Under 30 On Sleeping Tablets. PEOPLE UNDER 30 YEARS OF AGE THAT ARE ON SLEEPING TABLETS. People with issues falling asleep - common inter-



ests? People with MS and dreams. Periodic Limb Movement Disorder. Periodic Limb Movement Disorder. periodic limb movement. Periodic Sleep Problem. Persistent Night Terror. Personally made earplugs? Do they work? phentermins. Phil4970. Physical Effects Of Lack Of Sleep. pill interaction. Pillows For Sleep Apnea. Pineal Cyst and Sleep Problems. Pins and needles preventing me to sleep. Plank Sleeping All of Sudden. Please advise on a sleep strategy. please answer! Please answer my questions, people suffering from insomnia!!!! please expert answer. please give me advice? i can't deal with this anymore. Please help :( Please help answer this question for me. Please help been awake for pretty much too days straight. please help me asap. Please help me create a new sleep product ! please help me doctor. Please help me sleep. Please help me understand my sleep study. please help me. please help me. Please help me? please help my little brother! I dont know what else to do! Please help need help! Please help need help! Please Help! I'm Begging! Please help! Strange sensations when felling asleep. Please help, I don't know what's wrong. Please help-Not

Sleeping. Please help. Please help. Please help. Please help...can't seem to stay awake. please i need help. Please please help- can't sleep. please read. Please save my sister(Lunazep Addicted). Please help. Pee or Sweat? PLMD caused by disc issues? PLMD. PLMD. Pls assure me that I don't have fatal familial insomnia. Pneumonia and being haunted by a black Shadow. Polysomnography report. Poor sleep for 5 years but things are now escalating. Possibility of narcolepsy: Sleep specialists please answer? Possible apnea. Possible connection to sleeping problems. Possible insomnia. Possible Narcolepsy & Hypersomnia with Sleep Drunkenness. Possible Narcolepsy? Possible Seizures-Please Help. Possible Sleep Apnea.... Possible sleep apnea???? possible sleep disorder in a 2 year old? Possible Sleep Disorder. Possible sleep disorder? Possible sleep disorder? Possible sleep disorder? Very fatigued. Possible Sleep Paralysis Or Not? possible sleep paralysis? Possible to have extended body clock? Possible vyvanse side effects. Please read. Possibly Central Sleep Apnea? Post concussion syndrom causing central sleep apnea. Post heart surgery sleeping difficulty. post op.

post stroke - 6 weeks of no sleep. Postpartum problems HELP!  
Postpartum sleep. Potential insomnia? Pre-awakening and  
Post-awakening vertigo. Pregnant and Shaking in Sleep. preg-  
nant with insomnia. Prescription going to the wrong child.  
pressure sore. Preventing sleep paralysis. prim23. Pristiq.  
Problem going back to sleep, maybe sleep paralysis? problem  
with EDT, doctor clueless. Problem with obtaining sleeping  
medication. Problem with swelling after using CPAP. Problem.  
Problem. Problems falling asleep. Problems Sleeping. Problems  
Sleeping. Problems Sleeping. problems staying asleep. problems  
waking up. Problems While I Sleep. problems while sleeping  
upright. problems with sleep and twitch before fall sleep.  
Problems with sleeping. Product design for narcoleptic patients.  
promethazine v zopiclone ? Provent Therapy for sleep apnea?  
provigil (modafinil) aggression when coming off? provigil 200  
mgs. Pseudoinomnia, should I consider ECT? PSG/ MSLT  
what does it all mean? Psychiatrist cannot get anti depressent  
which works for me. Psychological Issue. puffy eyelids with  
CPAP. Puffy eyes. Pulse Jumping. pulse. Pulse? Pure Sleep

Mouth Piece. PVC and BPA dangers with CPAP usage. PVC's/  
excess leg movements on sleep study. pzl. Quality of Hypnagogic  
Sleep? Quality of sleep is terrible. Query on sleep. question  
about ambien. Question about Ativan and Celexa. Question  
about serequel. Question for any fellow narcoleptics. Question  
from the Caribbean. Question. Question. Questions about my  
sleep study. quick breaths while sleeping. quick question.  
Racing heart dream. Ramelton. Randomly falls asleep, unable  
to awaken. Rapid, shallow breathing on CPAP. re-hydration  
causing nocturia. Reaccuring dream. Reaccuring dream.  
Reality dreams? REALLY bad leg aches at night): really need  
help!!!! anybody. Really need some help! Really struggling on  
how to get my Sleeping to conform to a day schedule. Rebecca  
419. Rebound Insomnia. Recent Insomnia. Recent Sleep  
Problems. recently Dx obstructive sleep apnea. Recently start-  
ed sleep restriction therapy - Help!! Recovering from a serious  
extended sleep debt - recurring dreams about father dying.  
Recurring Dreams. recurring nightmares. Red nose blues.  
Reference for a Good Psychiatrist in Irving/Dallas areas. rela-

tionship with sleep apnea and olfactory transduction. REM Behavior disorder. REM Disturbances - Rapid Heart Rate. REM only sleep apnea. remedies for insomnia. Removal of tracheostomy. Reoccurring dream that is scaring me. Reoccurring Nightmare with demons/spirits. Reoccurring nightmare. Repeat a Multiple Latency Sleep Test? Request of zquiet reviews. restauranteur. Restless leg and spinal tumors. restless leg symptoms. restless leg system. Restless Legs and Sleep Paralysis. restless legs at night. restless sleep. Restlessness while sleeping - driving the wife mad!! Restoril (Temazapan) and hiccups?!?! Restoril? restyl0.5mg----- Results of Sleep study... scared.... Retail Furniture Store Manager. Rhythmic Movement Disorder, Can't take it anymore. Richard. right side pain and heavy ness in the body. I had multy gall bladder stone. ringing ears. Ringing in head. Risperdal side effects? Ritalin makes me sleepy! RLS and MS. RLS Ouch! RLS Question. RLS. RLS? Please Help. roysie 820. Rozerum Comments Requested Please & Thanks. Ru sleeping RTS. Sad Scenarios. safe sleepaids. Saliva in the mouth. same dream can-

not move. Same ole story.... saturation levels falling when asleep. Saying random things as I fall asleep. Scanner for smart card. Scared and Confused when wake up. Scared and exhausted! Dreaming dead people... Scared Dreams. Scared I may have slept walked and had sex ! Scared just want to know. Scared of sFI. Scared to Drive. scared to sleep and isnt the fear going away? Scared to Sleep. Scared to Sleep. Scared. Scared...heard a scary/evil voice while faslling asleep.... scary awakening. Scary nightmare. Scary shaking and talking while sleeping! SCARY sleep sensation. Please help. Scary symptoms on waking. Schizophrenic waking up 28 times. School Age Sleep difficutly When to seek Professional help. Scopace for sleep and RLS. Screaming at night after alcohol consumption. Screaming Dream. screaming in sleep. Seasonal Flu Vaccine. See and talk to people who aren't there at night. See things when I wake up at night? Just my imagination?! Seeing an image of person in my room. Seeing bugs. Seeing different shapes or figures at nights that is not there?!?? seeing images of strangers when i open my eyes from sleeping. Seeing my

mother in my room while half awake. Seeing people that aren't there. Seeing people. SEEING RED. Seeing shapes and other strange things when I am trying to sleep. Seeing Spiders. Seeing Spiders. Seeing spirits/Waking up paralysed. Seeing things after i wake up from dreaming. seeing things at night ? spiders and insects and people oh my !! Seeing things at night. seeing things for a moment when i wake up. Seeing things in the night. Seeing things in the night. seeing things move? sleep issues. seeing things that aren't there. Seeing things that feel so real. Seeing things when i wake from my sleep. Seeing things when I wake up. Seeing things while awake. Seeing weird floating things when i wake up. Seeing yourself in a dream exactly the way you are when you awake. seemingly intractable insomnia. Seizure activity when trying to go to sleep... Seizure caused by sleep deprivation or sleep medication? Seizure or Sleep Apnea??? seizure upon waking. Seizures and muscle jerks while sleeping. seizures. seizures. Self Employed & Can't Sleep. Senior needs help. Separation Anxiety at night for a 10 yr old. seraquel side effects in the morning. Series

increasingly shallow breaths followed by one deep one – sleep apnoea? Serious Insomnia for first time in life – Help please. Serious issue? Serious Night Terror Issues. Serious sleeping issues HELP! Seroquel – Side Effects. seroquel 25mg for sleep. Seroquel and acute renal failure. seroquel. Seroquel???? Sertraline and sleep. sever sleep apnea. Several nights of bad sleep/week. Several of my sleep lab titrations show 0% REM, where can I find guidance???? Severe anxiousness when going to sleep. SEVERE DRY MOUTH WAKES ME UP EVERY FEW MINUTES< HELP! severe fatigue. Severe head pressure during sleep paralysis. Severe Insomnia. Severe Insomnia. Severe Night Sweats. Severe nightmares EVERY night. Severe obs sleep apnea– severe obstructive sleep apena. Severe Restless Legs Syndrome. severe sholder pain. Severe Sleep Apnea. Severe sleep issues. Severe Thoratic back pain when I sleep. Help!!! Severe, chronic insomnia for 2 years after HIV scare. Help! Sex while asleep. Sexsomnia or Sex Sleep. shakes. shaking and sleeping. shaking and sleeping. Shaking during sleep. shaking head, ear drums, heart slows down. shaking in sleep.



Shaking or vibrating in sleep. Shaking when waking up. shaking while asleep. shaking while sleep. shallow breathing upon waking. She is Refusing to sleep. Shortness of breath after waking up, what's wrong with me? Shortness of breath. Should I get help with my sleep paralysis? Should I just give up on the CPAP? Should I see a doctor or tell my parents? Should I seek medical help? Should I take 5-HTP for Sleep Even Though There Are Risks? Should I worry about my chain dreams? Please help. Should I worry about parasomnias? Sick and Tired of Being Tired. sick. sickness on going to bed. Side effect of medication for insomnia. Side effects of CPAP. Side effects of narcolepsy medication? Side effects of Zolpidem? seizures in my sleep I don't wake up from??? Silenor for Sleep. Silly question. Since I was little... sinus infections! sinuses and sleep apnea. Sinusitis and insomnia. size when sleep. skin breakout. sl. sle. slee[ing] problem. sleeeeeeep. sleep 15-24 hours at a time. sleep 4 to 5 hours a night. Sleep apnea cause dizziness. Sleep advice. Sominex. Sleep aggression. Sleep aid. Sleep aid. Sleep aide liver safe? Sleep aids with alcohol. Sleep Aids. Sleep Aids.

Sleep Aids. sleep aids? Sleep and Alcohol. sleep and dizziness. sleep and heart problems. sleep and heart problems. sleep and sneeze. Sleep anxiety - help please! sleep anxiety. sleep anxiety. sleep anxiety. sleep anxiety. Sleep anxious already. Sleep ap. sleep apnea. sleep apnea & anxiety. Sleep Apnea & Brain Damage. sleep apnea & headaches. Sleep Apnea & Low Oxygen. Sleep Apnea - Dopamine. sleep apnea - sleep study. Sleep Apnea : How to avoid the CPAP machine. Sleep Apnea and Dreaming. sleep apnea and high blood pressure. Sleep Apnea and Oxygen levels. sleep apnea and oxygen. Sleep apnea and periodontal disease. Sleep apnea and seizures. sleep apnea and shortness of breath. sleep apnea and shortness of breath. Sleep Apnea and SpO2 levels. Sleep apnea carer, partner and family. Sleep apnea complicated by whiplash? sleep apnea during pregnancy. Sleep Apnea How much damage has it caused. Sleep apnea in 3 year old? Sleep apnea in 4 year old help please! Sleep apnea linked to ton of problems. Sleep apnea maybe??? Sleep Apnea memory question. Sleep Apnea nasal mask silicone based. sleep apnea obs and recurring infections-- Sleep apnea or anx-

ity. Sleep Apnea or Atrial Fibrillation. sleep apnea or swallow  
tonsill. Sleep Apnea OSA. Sleep apnea surgery. Sleep apnea  
symptoms. Sleep apnea symptoms. sleep apnea tongue reduc-  
tion. sleep apnea vs. sleep eating and night terrors. Sleep apnea  
with a 2 year old, Surgery, can anyone relate?? Sleep apnea,  
chronic fatigue, please help!!! sleep apnea, fatigue. Sleep Apnea,  
or Sleep Paralysis? Sleep apnea, or something else? Sleep apnea,  
tiredness, brain difficulties and loss of appetite, what could this  
be? sleep apnea- leg pains, headache. sleep apnea. sleep apnea.  
sleep apnea. sleep apnea. sleep apnea. sleep apnea. sleep apnea.  
sleep apnea. sleep apnea. sleep apnea. sleep apnea. sleep apnea.  
sleep apnea. sleep apnea. sleep apnea. sleep apnea. sleep apnea.  
sleep apnea. sleep apnea. sleep apnea. sleep apnea. sleep apnea.  
sleep apnea. sleep apnea. sleep apnea. sleep apnea/uvulitis/snor-  
ing. Sleep Apnea: Need for Re-Testing? Sleep Apnea? Sleep  
Apnea? Sleep Apnea? Sleep Apnea? Acid Reflux? Sleep Apnea?  
Sleep apnoea and driving licence (DVLA). sleep apnoea. sleep  
apnoea. sleep attacks. sleep but woke. sleep center testing. sleep  
champ not no more. Sleep data analysis needed. Sleep debt.

sleep deprivation and truck driving. Sleep Deprivation Doctor  
please help. sleep deprivation taking its toll on me... Sleep  
deprivation. Sleep deprivation. Sleep deprivation. Sleep derived  
senior citizen. Sleep Diary Worksheet. sleep disorders. Sleep  
Disorder - Yes or no? Sleep disorder cause? sleep disorder info.  
Sleep disorder or a worse problem? Sleep Disorder or More?  
Sleep disorder or something else? Sleep disorder plus muscle  
jerking. Sleep disorder surgery. Sleep Disorder that is ruining  
my life. sleep disorder to seizures. sleep disorder,s. sleep disorder.  
sleep disorder. sleep disorder. sleep disorder. sleep disorder.  
sleep disorder. sleep disorder. sleep disorder. sleep disorder.  
sleep disorder. sleep disorder. sleep disorder. sleep disorder.  
sleep disorder. sleep disorder. sleep disorder. sleep disorder.  
sleep disorder. sleep disorder. sleep disorder. sleep disorder.  
sleep disorder. sleep disorder. sleep disorder. sleep disorder.  
sleep disorder. sleep disorder. sleep disorder. sleep disorder.  
sleep disorder. sleep disorder....ambien. Sleep disorder/apnoea  
- should I be worried? Sleep disorder? Sleep disorder? Sleep  
disorder? sleep disorders. Sleep disorders and Bowel

Movements. sleep disorders due to strokes? Sleep disorders problems? sleep disorders real or not. sleep disorders/apnea. Sleep Disorders/Dementia. Sleep disorders? Sleep Disorders. Sleep disruption question. Sleep Disturbance. Sleep disturbances. Sleep doesn't continue. Sleep every 2 days... what is happening. sleep explosions. sleep fainting. sleep fears. sleep fighting. Sleep formula. Sleep fright. sleep gone when startled. sleep habits. Sleep Hallucinations – Items in my room. Sleep help. Sleep help. Sleep hygiene, has anyone had success trying it? sleep insomnia. sleep irregularly long exhales of breath. Sleep is what I want. sleep issues, sleep walking? Sleep issues. Sleep issues. Sleep issues. Sleep issues. Sleep issues. Sleep issues... Sleep jerking. Sleep jerking. Sleep jerks. Sleep Jolts–Muscle Spasms & Choking At Night. Sleep latency. Sleep Less

Nights. Sleep maintenance insomnia. Sleep maintenance  
insomnia. sleep masterbation. Sleep Medication Question.  
Sleep medications that are sucessful. sleep medicine & pain  
meds. Sleep medicines not working? Sleep on it app. Sleep or  
Hypo Thyroidism. sleep or the lack of it. sleep pa. Sleep  
Paralysis + Anxiety/Medication. sleep paralysis , is what hap-  
pend normal ? Sleep paralysis ?? Sleep paralysis after rta. Sleep  
Paralysis and Anaesthesia. sleep paralysis and breathing diffi-  
culties. Sleep paralysis experience. Sleep Paralysis for over  
twenty years. Sleep paralysis frequently. Scariest episode yet.  
One tip I learned to cope. Sleep paralysis is at a ridiculous  
level. sleep paralysis lead to insomnia? Sleep Paralysis or  
Seizure? Sleep Paralysis or something else? Sleep paralysis with  
hypnagogic hallucination. Sleep paralysis, and shaking. Sleep  
Paralysis, Headaches, Congestion and more. Sleep Paralysis,  
Tried To Change My Routine But Failed, What Should I Do  
? sleep paralysis. sleep paralysis. sleep paralysis. sleep paralysis.  
sleep paralysis. sleep paralysis. sleep paralysis. sleep paralysis.  
sleep paralysis. sleep paralysis. sleep paralysis. sleep paralysis.

sleep paralysis. sleep paralysis. sleep paralysis. sleep paralysis.  
sleep paralysis. sleep paralysis. Sleep paralysis. I'd realllyyy love  
an answer. Sleep paralysis. Just wanna hear some people if they  
have experienced this. Sleep Paralysis/Sleep Apnea. Sleep  
paralysis? Sleep paralysis? Sleep paralysis? Sleep paralysis? Sleep  
Paralysis??? Sleep Paraysis wont stop. sleep parylysis problems.  
sleep pattern. Sleep phobia. sleep position best for digestion.  
Sleep Problem - In haze at all times, tired eyes. sleep problem.  
sleep problem. sleep problem. sleep problem. sleep problem.  
sleep problem. sleep problem. sleep problem. sleep problem; I  
keep waking up after 2 1/2 hours. Sleep problems for blind  
son. Sleep problems need help need to change. Sleep problems  
please help. Sleep problems, not sure what to do. sleep prob-  
lems. sleep problems. sleep problems. sleep problems. sleep  
problems. sleep problems. sleep problems. sleep problems. sleep  
problems. sleep problems. sleep problems. sleep problems. sleep  
problems. sleep problems. sleep problems. sleep problems.  
Sleep restriction for insomnia - what's the "wake time"? Sleep  
restriction inquiry. Sleep Restriction Therapy. sleep result.

Sleep Seizures? Cant Breath. Can anyone help? Sleep Sensitive Husband – Help! sleep stages in sleep apnea. Sleep Starts. Sleep Struggle. Sleep Studies/Atlanta. Sleep study – dreaming? Sleep Study discrepancy. Sleep Study Interpretation? Sleep study waiting times? Sleep Study. Sleep Study?? Sleep talking. Sleep talking. Sleep terror? Advice really needed! Sleep terrors and how to prevent them during change in sleeping habits. Sleep to much. sleep too much. Sleep Tremors ? Sleep Trouble because of Antidepressants. SLEEP TROUBLE. Sleep trouble/ vivid dreaming. Sleep troubles. Sleep Twitches. Sleep Twitching and Anxiety. sleep walked once, sleep talking, sleep screaming HELP. sleep walkin scared. sleep walking the past two nights. sleep walking. Sleep walking/ hallucinations. Sleep while camping. Sleep with hand tremor. Sleep!!! Sleep, Is it Insomnia or what? Sleep-less. Sleep-talking. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep. Sleep/ Dreaming problems. Sleep? Do people do that still? Sleep??? Sleepfalling-Sleep Study. Sleepiness at work and is getting worse. Sleepiness behind the eyes? sleep-



iness. Sleeping 3 hours a night only for 1 month. Sleeping 3x3hours per day. Sleeping 4 hours and not strait through. sleeping a 24 hour period is new & wierd... Sleeping a lot.. Sleeping all Day...cant take it anymore. Sleeping all the time. Sleeping all the time. sleeping allday,weak,headache,dizzy ,not eating good now. Sleeping almost nonstop for a week and feeling like in a dream. Sleeping and Reading problem. Sleeping and still hearing whats around you. Sleeping better. Sleeping but feeling like you're up and about. sleeping but still extremely tired. sleeping death. sleeping disorder ? Sleeping disorder made me drug addict. Sleeping disorder with vivid & Horror dreams. sleeping disorder, snoring disorder. sleeping disorder. sleeping disorder. sleeping disorder. sleeping disorder. sleeping disorder. sleeping disorder. SLEEPING DISORDERS. Sleeping Durring The Day??? Sleeping in the daytime. sleeping issue since after intestinal ulcers. Sleeping Issues. Sleeping Issues. Sleeping jerk. Sleeping less and less. sleeping less. sleeping meds. Sleeping most of the day?? Sleeping on back. Sleeping on back. sleeping or getting

tired during the day. Sleeping paralysis. Sleeping Pattern messed up help? sleeping pile. Sleeping Pill Nightmare-when will it end. Sleeping Pill. Sleeping pills for thyroid patient. Sleeping pills vs. Herb. sleeping pills. sleeping pills. Sleeping position causing fast digestion and headache. Sleeping position question. Sleeping probelm from side effect. SLEEPING PROBLEM & Erectile dysfunction? Sleeping problem 1 hour sleep. sleeping problem. sleeping problem. sleeping problem. sleeping problem. Sleeping problems - insomnia? Sleeping Problems and Fear of Sleep. Sleeping Problems I really want advice URGENTLY. Sleeping problems, extremely vivid dreams, Fatal Insomnia. Sleeping problems. Sleeping problems. Sleeping problems. Sleeping problems. Sleeping problems. Sleeping problems. Sleeping problems. Sleeping problems. I need help. sleeping roblem. Sleeping so much. Sleeping tablet dependence. sleeping to much. sleeping too hot at night and wake with headache/dehydration. sleeping too much. sleeping too much. sleeping too much. Sleeping toomuch. Sleeping Troubles. Sleeping way too much. Sleeping

way too much. Sleeping with audio. Sleeping with background sound. Sleeping with eyes half open. Sleeping with the Bi-Pap. sleeping. sleeping. sleeping. sleeping...or lack there of. sleeping/snoring. Sleeping? Awake? Abuse? Leave or stay? Sleepless all life. Sleepless in Delaware. Sleepless in Texas. sleepless nights. sleepless nights. sleepless nights. sleepless nights. sleepless problem. sleepless showering nights. Sleepless Tuesday Nights. Sleepless. Sleepless. Sleepless. Sleepless.. sleeplessness. sleeping nonstop. sleepwalk in the dark? Sleepwalk Sexomnia. sleepwalker + PTSD? = scary situations. sleepwalking injuries. Sleepwalking Problem. Sleepwalking/nightmares. sleepy all day. Sleepy all the time and losing control of my life. sleepy hands. Sleepy, tired, and dizzy. Sleepyhead. Sleepyyy. Slept in 15hrs. Smoke Wafts Through the Ceiling. Sneezing & runny nose from C Pap. snoring and drooling in sleep alot! snoring and sneezing. Snoring driving me crazy. snoring husband. snoring problem. Snoring. Snoring. Snoring. Snoring. snorting sleeping pills. So Frustrated.... SO SCARED!! so sleepy! So tired I could fall asleep in chair. soma and ambien.

Some.way.to.help.me.sleep.(No.meds!) Somebody please help. Something cant let me fall asleep. Something weird happened when I was sleeping last night? Something wrong with me. Somnolence unrelenting. son 5 years won't sleep in his bed. son dont sleep. Son seeking help for dad. son was diagnosed this week. Son with mono can't sleep !! SOOOO tired.... sore hips/thighs when waking. Sorry To Start A New Post - Tried Everything Here - Insomnia. SOS - 20 years of insomnia - tried EVERYTHING. sounds in brain. Sounds in my Ear. sperm comes out while sleeping. spider dream/waking up seeing one. Spiders I have seen after sleeping for 1-2 hours. spiders over my head on the ceiling and on objects and are huge. spinal steinosis. Spirit following me. spirtual vrs sleep disorder? spitting. Spots. Spouse on Ambien. Stabbing pains on the muscles/bones different from muscleaches. Started acting out things in my sleep? Help! Started with spiders and then... Starting to feed exhaust again. Staying asleep. Stench? sternum pain when sleeping. Stimulants for Narcolepsy? Stomach sleeping. Stop breathing during sleep but my brain wakes up. Stop

breathing during sleep. Stopped breathing. Strange adult night terrors. strange changes in sleeping pattern. Strange Dreams & Snoring. Strange dreams?? Recurrent. Strange feeling inside head as I try to sleep. Strange Feeling When Trying To Sleep. strange leg sensation while sleeping. strange nightmares when awake? Strange sensation. strange sleep issues. Strange sleep walking and night terrors. Strange things whilst I sleep. Stress related? stress. stressfull times. stretching while sleep and foot shaking. Strong Sleep Aid. Struggle to wake from nightmare and blind afterwards. Struggling for 10 years. Struggling with insomnia for 10 months. What's your insomnia experience? Stuck in repeated nightmares all very similar and I can't wake up. subject. Success from Melatonin for Insomnia? SUCCESS!! SUCESS WITH CPAP PRO? Sudden and uncontrolled Sleep fits, Sudden crashing sleepiness during day. Sudden crashing sleepiness, what is going on? Sudden dizziness with unwanted sleep. Sudden extreme fatigue. Sudden extreme fatigue. Sudden insomnia - is it just stress and worry? sudden unwanted spell of sleep. Sudden urges to sleep? Sudden wake up.

Sudden wake-ups, rapid heart rate, clammy hands? Sudden waking 15 minutes after falling asleep. Sudden waking up shortness of breathe. Suddenly awakened just as I fall asleep. Suddenly waking up and grabbing numb hand. Suffering from snoring. Suffering Sleeper. Suggestion for Site. Suggestions for natural remedies/exercises to increase wakefulness. surgery for sleep apnea. surgery for sleep apnea. sustained movement after falling asleep. sweating during sleep arround 4am. Switched from Tompamax to Invega, having trouble sleeping. switching from xanax to ativan. swollen temple. Symptoms of MTHFR please? Symptoms of Narcolepsy? Tablesaw. tachicardia. Tachycardia episodes upon waking, or after eating too much. Mother of 2 babies. I need advice urgently. Tactile Hallucination Before Sleep. Tactile Hallucinations Before Sleep. Tailbone Issues. Taken off Zopiclone after 12 months...I can't sleep. takes ages to fall asleep. Taking 2 meds together. Taking ages to sleep. Taking ambien in first trimester. taking ativan. Taking Modafinil. Taking NyQuil to fall asleep. Taking Trazodone, go to bed fine but wake up too early and can't go back to sleep?

Talking and doing weird things in sleep. Tall person standing over me after night terror. tardive dyskinesia. teen sleep troubles. Teenager that can't sleep & then can't wake up. temazapan. temazepam or ambein. Temazepam problems, hallucinations, etc. Tens machine - help with insomnia? TENS Unit or Acupuncture for PLMD? Terrible Insomnia. Terrible nightmares. Terrible Sleep apnea, Klonopin? Terrible sleep unless going to bed early. Terrifying dream, which felt as if it was real. Terrors? Tested Negative for OSA - Still Tired? Thanks for all your help. The article is useful (if short), especially as it indic... The best med question. The Effects of Sleep Medications. The fear of not getting back to sleep / depression / anxiety / Hell! They think I have narcolepsy but I'm not so sure. thinking problems. This is scaring me to the point where i can't sleep! This is very strange. thought i was going insane. Thoughts from anyone taking Xyrem!! Throat closing up? throat condition. throwing up hard to breathe. Tickly nose. Tightness of feet and INsomnia. Tingle/Tickeling feeling in my feet nights. Tingling Feet. Tingling in left arm when try-

ing to sleep. tinitus, shaking, anxiety, depression & no sleep. Tips to help me sleep, and if anyone needs help with medication ask.. Tips to Help You Sleep. tired after sleep. Tired all the time, affecting school work, any ideas? Tired all the time. Tired and Unable to Sleep? Tired but can't sleep. Tired of being sleepy. Tired of not being able to sleep normally. tired. Tiredness after sleep. tiredness after surgery. tiredness. To Bobb Hilton. To much sleep. to: ozzy3. Toddler with a sleep disorder... tongue out? tongue rising up to soft palate blocking airway. tonight i cannot sleep. Tonsillectomy and Septoplasty for OSA??? Too hot to sleep. Too many dreams. Too many dreams. Too many pills cause peeing in bed. too many thoughts. too much sleep and still tired and sleepy. Too much sleep is ruining my life. Too much sleep paralysis. Too much sleep per 24 hours. Too much sleep, Always tired. too much sleep. too much sleep. Too much sleep? Too much watery saliva produced... Too Sleepy during the day. Too sleepy? too tired to browse through the archives... Took 1 vicodin, 16 hours later I can't sleep. Took zopiclone first time last night. Torturous



Sleep Disorder. Tosing and Turning. toss up. Tossing and turning. Trach w/CPAP question. TRANSDERMAL MELATONIN? Trapped in a dream. Travel Sleep Apnea. Trazadone Food Craving. Trazodone and Alcohol-is it safe??? Trazodone and melatonin?? trazodone first time taking. Trazodone for insomnia. Trazodone vs Restoril. Treating cataplexy without meds. Treatment of mild diffuse cerebellar atrophy. Treatment options for Sleep Apnea. tremors during sleep. tremors during sleep. tremors during sleep. Tremors from lack of sleep/Insomnia???? Tremors in my hands and arms. tremors while waking. Tried everything to make me sleep. Tried NYTOL for sleep disturbance, works great. Tried to wake up but couldn't, never had this happen before. trouble falling asleep the can not wake up. trouble falling asleep. Trouble falling asleep.. Trouble sleeping and constant pressure in temples. trouble sleeping. trouble sleeping. trouble sleeping. Trouble Sleeping/Possible Problem with Meds? Trouble staying asleep. trouble waking in morning. trouble waking up. Trumpet sound before falling asleep? TRY MELATONIN IF

YOU HAVE TROUBLE SLEEPING. trying to conceive. Trying to find a sleep clinic ? Trying to sleep with tinnitus. Twitch before sleep. twitching while sleep. Twitching and spasms in arms, hands & legs. Twitching in eye and loud noise in ear while trying to fall asleep. PLEASE HELP!! twitching in sleep. Twitching while sleeping. twitching while falling asleep. Twitching. Twitchy Legs and Arms. Two CPAPs, sinus burning & headache from one. Two nights of total sleep deprivation, or insomnia. Tylenol pm vs Nyquil. UARS & Barbituates. UARS, CPAP, and still tossing around. UARS. UARS: Upper Airway Resistance Syndrome. UK – 3years+ of treatment and about to give up! Ultra tired, restless night, but didn't sleep. Unable to breathe manually anymore while trying to sleep? Unable to sleep >6 hours each night -- I need at least 8hrs Help? Unable to sleep. Unable to sleep. unable to speak or move. Unable To Wake Up In The Morning. Unable to wake up in the mornings. unable to wake up, period! unable to yawn. Unawareness, deep sleep problem. Uncomfy Bed. Understanding My Sleep Study (Please Help). Undiagnosed

sleep issue > 13months. Sleep apnea? Neurological? Something else? Uneven breathing during lsleep. Unexplainable phenomena. Unexplained cure? Unexplained seizure like episode. Unfreshness and headache. Unfreshness in sleep. Unfreshness in sleep. Unisom. Unknown sleeping disorder. Unpleasant heart symptoms when trying to stop Zopiclone.....can anyone advise please?? Unrefreshing Sleep/Hard to Wake Up. Unrestful sleep/low quality of sleep. Unsure what's going on. Untreated Insomnia. Up all night, sleep all day. up for morning stars. up for morning stars. Upper Airway Resistance Syndrome, Exploding Head Syndrome, or maybe both?? upper airway resistance syndrome. Upside down sleep patterns. urgent please help me someone. usaba narcoticos vicodin tramadol,oxi percoce8. Use of Ecaylyuptus oil in Humidifier. Use of modafinil. using cpap every night but still extremely tired. Using oxygen at night and wake up feeling dizzy. Using pillow CPAP device & "Cold Sore"-like event on inner nostril -- normal? Uvula. valium. Vanishing symptoms. Verry sleepy during the day. very bad dreams that feel real. Very frighten-

ing thoughts intruding on sleep. Very Little Deep Sleep. Very poor quality sleep. Very Scary Noghtmares. Very tired in the morning. Very tired. very worried about my dad... Violence/aggression upon awakening. Violent leg jerking at night. Violent twitching of face/neck. Violent twitching through night. vision problem. Visions at night, not asleep.. Visions upon waking from sleep? Vivid and excessive dreaming. vivid detailed fascinating being lost dreams. Vivid Dreaming. vivid dreams are back again. Vivid dreams everyday. Vivid dreams,sleep meds,and memory. Vivid dreams. Vivid dreams. vivid dreams/nightmares but no rest,pls help. Vivid nightmares I now attack in my sleep HELP. Vivid nightmares that feel real when I awake. Vivid nightmares, horrible trembling, absolutely NO sleep! Voices in the Dark. Vomiting associated with sleep Apnea. VSD and sleeping pills. waiting time to be assessed for sleep apnoea. Wake every hour. wake shaking and very cold. wake up all hrs the nite with nite sweats. Wake up constantly. wake up dreams. wake up early, feel sleepy all day. Wake up every 1 to 2 hours, by starved muscles. Wake Up

Every Hour! Exhausted! Palpitations, help! wake up every night - can't go back to sleep. wake up exactly 2 hours after i fall asleep from nightmare. Wake up from my sleep in night difficulty breathing/swallowing. wake up gasping for air during sleep. Wake up gasping for air. Wake Up Gasping While Using CPAP. wake up in mid night and cant sleep after. wake up in middle of night feeling like mouth/jaw/face is swollen. Wake up in the night breathing very hard and very dizzy? Wake up screaming from neck pain or falling asleep on arm. Wake up seeing things??? wake up standing. Wake up talking during the night. wake up with heart pounding. wake up with your clothes off and i sleep by my self. Wake up, What the? Wake up. wake-sleep transition disorder? wakes up very very tired from continuous dreams. waking 60 or more times at night. Waking about every hour. Waking at night. waking dreams. waking every 2 hours. Waking too early. Waking up about 6 times a night. Waking up about 6 times a night. Waking up and eating!!!!!!!!!!!!!! Waking up and seeing Spider? Waking up and seeing Spiders. Waking Up and Temporarily Losing

Memory. waking up at night - hot flashes. Waking up at night, with pain and dizziness. waking up at night. Waking up at night: Extremely Strange Feelings (hard to explain) Need help! Waking up by choking/coughing. Waking up by focusing. waking up chocking. Waking up confused? Waking up crosseyed. WAKING UP CRYING IN SLEEP (17 YEAR OLD FEMALE). Waking up early and not getting back to sleep! Waking up early when practicing sleep restriction. Waking up every 90 minutes, all night. Waking up every couple of hours in the night. Waking up every time I fall asleep? Waking up every two hours. waking up exhausted for months help. waking up feeling groggy. waking up frequently. Waking up gasping for air. Waking up gasping for air. Waking up hearing strange sounds. Waking up in a panic. waking up in the middle of the night to see things. Waking up in the middle of the night, always tired. Waking up in the middle of the night- High Body Temperature but no sweat or fever. Waking up in the night. WAKING UP MANY TIMES DURING NIGHT. Waking up many times during the night. Waking up

multiple times in the middle of the night. Waking up multiple times in the middle of the night. Waking up not recognising my husband. waking up on meds. Waking up panicked. waking up several times. Waking up sore? Waking up terrified. waking up terrified every time someone wakes me. Waking up terrified. waking up threw the night every 1-2 hours help? Waking up to see a single spider. Waking up to sweating can not fall back asleep!! Waking up to things appearing then disappearing. Waking up too early (and hello). Waking up too early. Why? Any advice? Waking up too often and too early. waking up with difficulty breathing. Waking Up with Extreme Panic and Depressive Thoughts. Waking Up with Extreme Panic and Depressive Thoughts. Waking up with headaches. Waking up with huge puddles of saliva. Waking up with inner shake, dizziness, shortness of breath... Waking up with moving numbers. waking up. WANT TO FEEL GOOD. Want to talk about your sleeping disorder? warning: lunesta and lexapro interaction. Was it sleep paralysis? Was this all just a really bad dream or something serious! Water reservoir. wats wrong?

Waves of Depression when Trying to Sleep? Ways of getting a better nights sleep. We have all heard phrases such as “going weak at the kn. Week old daughter/ breathing problems. Weekend Sleep Anxiety? Weening of amitriptiline. Weight gain and amitriptyline. Weight Gain. Weird case of sleeping paralysis. Weird dreams that cause me to wake up and freak out and nausea. Weird dreams. Weird feeling in the head when lying down. Weird Insomnia. weird pictures when closing eyes. weird sensation after night meal. Weird sensation in the middle of the night. Weird sensation when i start to fall asleep. Weird Sensations Before I Fall Asleep. Weird Sleep Cycle. Weird Sleep Disorder. Weird sleep paralysis. Weird sleep problem, please help!!! Weird Sleep Symptoms. Weird Sleep Thing. Weird Sleeping Habits. Weird Sleeping Patterns. weird sleeping. weird things happening when I try to sleep...? Weird urges to sleep. Well this is not bad but not very good. Wellbutrin and a decrease in breast size...?? wellbutrin and ablify for “house lover.” WELLBUTRIN. Werid Shutdown feeling. Wet dreams, nightmares, night sweats, and insomnia. What `s you



1# question about insomnia? What are the causes of sleeping tremors? What are the long term side effects of Seroquel 600mg for 5 yrs? What are the most common Sleep disorder conditions that all suffer? What are the precise diseases that cause central sleep apnea? What are the repercussions of lacking sleep. What bedroom wall color do you recommend for better sleeping? What can i do to get my regular sleeping hours back? What can I do to help my toddler from seeing things no one else can see? What can I do to make falling asleep easier? What can I do to sleep through the night? What can i do. what can I do? What can i expect having my entire throat and nose reconstructed all at once by ENT? What can sleep study reveal? what causes a child not to sleep? WHAT COULD IT BE!!!!!!!!!! what did i see. What do spiders in dreams mean? what do these dreams mean? What does cataplexy feel like? What does this mean? What is going on with that . . . ? What is going on? What really happened? What is happening to me? Worried! What Is Happening? What is it? What is sleep? What is the cure for Restless Legs? What is the lowest level of O2 saturation

to begin oxygen therapy with someone that has sleep apnea? What is this disorder called? What is this problem and why does it happen? What is this sleeping pattern called? What is this weird sleeping habit? What is this? What is this? What is up with me? What is wrong with me? what is wrong with me?? HELP! What kind of doctor is a sleep doctor. What kind of sleep disorder does this sound like, if it is one? What kinda phobia do i have? Is it maybe Monophobia? What natural medicines help with early morning awakening? What oxygen level while sleeping should be considered normal? What scenario is better in the long term? What should my health care professional know before I take modafinil medicine? What sleep topics are you most interested in? what sleep-aids really work. What sleeping disorder do I have? What sleeping would mean to you? what the heck. What the hell am I going through??? What to do with a partner who is depressed and is a chronic insomniac? what to do? what treatment is for low oxygen while sleeping. What will you do when you can't sleep at night? What's a safe dosage of systemic steroids? What's causing my

“sickness”? what’s going in my sleep. What’s going on with her? What’s the criteria in diagnosing Complex Sleep Apnea. What’s the opposite of narcolepsy. What’s wrong with me please help? What’s Wrong With Me. what’s wrong with me? what’s wrong with me? What’s wrong with me? I’m seeing things!! WHATS HAPPENING TO ME ??? what’s it called when the o2 is mixed in a cpap?? what’s it mean? What’s wrong with me? what’s wrong. Wheezing and difficult breath and short breath. When can I expect results from bipap? When do remeron munchies end? when does melatonin/sleeping spray start to work? When I fall asleep. When I wake up I experience dizziness and a mild ache. When tired I lose muscle strength. When u about to doze off, your consciousness auto kick in and wake you up. Feel like brain snap. Whenever I close my eyes for a few minutes, odd things happen? Where can I find a facility that takes insomnia serious? where can I get help ! Where is the Chronic Fatigue Syndrome Community here??? Where to next?? Which came first, the chicken or the egg? Which is a stronger sedative? White lights and a man appears. Who has Problems in Getting

Up Out of Bed? Whole body itching disturbing sleep. why a 12 year old sleeps with his parents? Why am I always falling asleep? Why am I always sleepy? Why am I always so tired and have been since the age of 6. Why am I always so tired and have been since the age of 6. Why am i angry when i wake up while hearing loud noises. Why am I having small red bumps that don't itch? why am i not sleeping. Why am I Sleep Walking. Why am I sleeping for so long all of a sudden? Why am I so tired all the time? Why am I still so sleepy even w/CPAP mask? Why am I tired all the time. Why am i waking up after only a few hours of sleep? why am i waking up throughout the night? why can I not sleep. Why can't i get to sleep. Why can't I sleep anymore? Why can't I sleep at night? Why can't I sleep in? Why can't I sleep. Why can't I sleep??? Why can't I stay asleep? why cant i go to sleep when i lay down? Why cant I sleep? Why cant my husband wake up in the middle of the night, even when there is and Emergency with our children? PLEASE HELP! Why do doctors tell us things are not addictive but then I read on line that everyone is having problems? Why do I

always feel tired? why do I dream about people I don't even know? why do i experience jerks? Why do I fear sleeping? why do i feel the contact of my night terrors? why do i feel tired. Why do I gasp in fear whenever someone wakes me up? Why do I keep seeing spiderwebs on my kid's face. Why do I keep waking myself up as I doze off? Why do I keep waking up at night? Why do I keep waking up? Why do I only dream once or twice a week? Why do I only have insomnia when I am sleeping alone? Why do I see patterns in the dark with my eyes open? why do i see things in the middle of the night? Why do I sleepwalk? Why do I still feel drowsy all the time after I stopped taking nytol? why do i stop breathing in my sleep. Why do I wake up every two hours every night all night long? Why do I wake up gasping for air? why do i wake up several times a night and feel hungry. Why do I wake up with water/saliva in my mouth but it doesn't drip? why does my breathing suddenly stops jusj before i fell a sleep. why does my fiance yell at me when I wake him up? Why does my husband sweat so much at night? why does she snore. Why does this happen and

what can i do to stop it? WHY HASN'T SOMEONE REPLIED. Why i cant sleep? why is my 5 year old wetting the bed. Why is my bipap not working when I sleep? I've always been a shallow breather. Why is my leg vibrating at night when I am sleeping? Why is my stomach filled with gas every time I sleep? Why my mind wakes me up 4 or 5 times in the first part of sleep? Why would my grandpa not be able to be woken up and be crazy out of it. why would my oxygen level be so low, if I do not have sleep apnea? Why. Why? Wierd Sleep Paralysis? will be able to have a baby with this condition? HELP. Will I Ever Sleepwalk? Will I still grow as efficiently going to sleep late at night? Wired state of consciousness when trying to sleep. Withdrawal Effects. withdrawal symptoms with terminated long term psychiatry. withdrawal? going insane? withdrawal symptoms from mirtazapine. Withdrew from Ativan now NO Sleep. Without sleep. woke up from sleep, followed by a shivering like seizure? Woke up saw my husbands spirit. Woken by vivid dreams. Hot, thirsty, high pulse. Women with "I just can't sleep" sleep disorders. Work

Alot. No Sleep. Work stress leading to insomnia. working through the fatigue. worried about somebody. Worried for my family. Worried, help - cataplexy or MS? Worried,,, Worry about sleep so much that it keeps you from sleeping? Worry worry worry. Worsening racing thoughts. Worst Insomnia EVER! would i ever get a good night sleep. Would like some advice PLEASE! xanax and ambien. Xanax every day for sleep. xanax or trazodone for insomnia? Xanax. Xanax. XYREM HELP. xyrem. y do i feel so sleepy? Years of sleep deprivation. Yelling and Physical violent movement. You won't believe me...read on. Young stroke related to Sleep Paralysis? Zero sleep for a month , help! Zoloft (50 mg). zoloft and melatonin tablets? Zoloft and Sleep? zoloft,i thought i would try without it. zolpidem dosage. Zolpidem. Zolpidem. Zopiclone addiction. ZOPICLONE and cronic insomnia. Zopiclone and Zolpidem don't work for me, any suggestions? Zopiclone Dependency. Zopiclone use. Zopicolone. ZOPLICONE - 10 YR USER - QUIT COLD TURKEY - MY STORY! Zoplicone. Zora 10. ZORA-10. Zyprexa - Insomnia. zyvox.

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