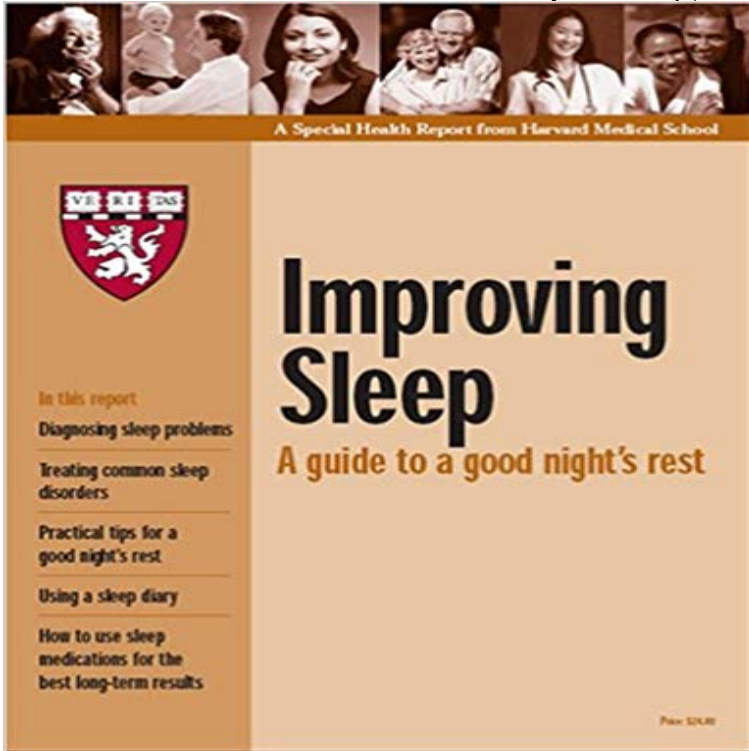


Harvard Medical School Improving Sleep: A guide to a good nights rest



When you wake up in the morning, are you refreshed and ready to go, or groggy and grumpy? For many people, the second scenario is all too common. Insomnia trouble falling or staying asleep is the most common complaint, but other chronic disorders, including sleep apnea, restless legs syndrome, or narcolepsy, can also contribute to a shut-eye shortfall. One in five Americans sleep less than six hours a night a trend that can have serious personal and public health consequences. Insufficient sleep can make you too tired to work efficiently, to exercise, or to eat healthfully. Over time, sleep deprivation increases the risk for a number of chronic health problems, including obesity, diabetes, and heart disease. This report describes the latest in sleep research, including information about the numerous health conditions and medications that can interfere with normal sleep, as well as prescription and over-the-counter medications used to treat sleep disorders. Information about the diagnosis and treatment of sleep apnea, an under-recognized yet life-threatening sleep disorder, is also included. Most importantly, you'll learn what you can do to get the sleep you need for optimal health, safety, and well-being.

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