

Sleep disorders

Causes of sleep disorders include:



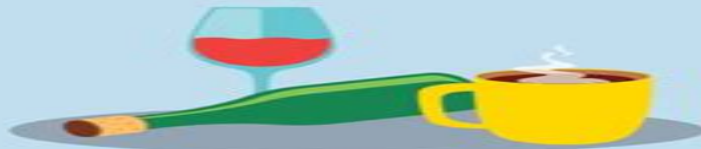
- **Neurochemical imbalances in the brain.**
- **Sleep pathways interfering with wake.**



Genetic factors.



A medication side effect.



Substance use before bedtime.



Working the night shift.

A symptom of a medical condition like heart disease, asthma, pain or a nerve condition.

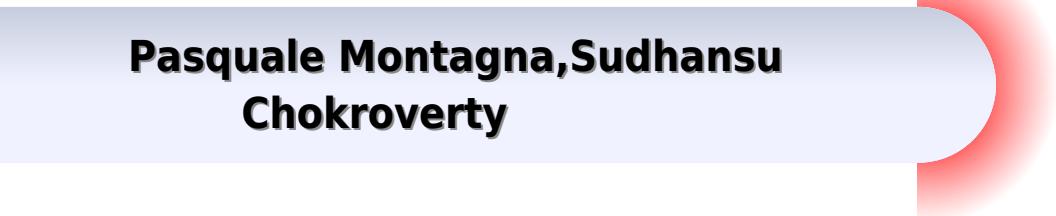


A symptom of a mental health condition like depression or anxiety disorder.



Sleep Dreaming Sleep Disorders

**Pasquale Montagna, Sudhansu
Chokroverty**



Sleep Dreaming Sleep Disorders:

Sleep Dreaming Sleep Disorders Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Sleep Dreaming Sleep Disorders**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

<https://archive.kdd.org/files/Resources/HomePages/The%20National%20Trust%20Guide%20To%20Our%20Industrial%20Past.pdf>

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