

# Some Causes of Sleep Deprivation



**Poor Sleep Habits**



**Stress and Anxiety**



**Medical Conditions**



**Shift Work**



**Substance Use**



**Medications**



**Environmental Factors**

# Sleep The Complete Guide To Sleep Disorders And A Better Nights Sleep

**AW Rasmussen**



## **Sleep The Complete Guide To Sleep Disorders And A Better Nights Sleep:**

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