

Sleep Disorders

- Insomnia
 - persistent problems in falling or staying asleep
- Narcolepsy:
 - uncontrollable sleep attack
 - <http://youtu.be/fW31IaJiAM>
 - <http://www.youtube.com/watch?v=-zVCYdrw-1o>
- Sleep Apnea
 - temporary cessation of breathing
 - momentary reawakenings
 - <http://youtu.be/LrHQ1e97iYE>

Sleep Disorders Insomnia And Narcolepsy

Jonathan D. Raskin



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