Sleep Disorders

- Insomnia
  - persistent problems in falling or staying asleep

- Narcolepsy:
  - uncontrollable sleep attack
  - http://youtu.be/fW31IanJiAM
  - 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

JS Bruner

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