

Health Reference Series

Third Edition

Sleep Disorders

SOURCEBOOK



Basic Consumer Health Information about Sleep Disorders, Including Insomnia, Sleep Apnea and Snoring, Jet Lag and Other Circadian Rhythm Disorders, Narcolepsy, and Parasomnias, Such as Sleepwalking and Sleep Paralysis, and Featuring Facts about Other Health Problems that Affect Sleep, Why Sleep Is Necessary, How Much Sleep Is Needed, the Physical and Mental Effects of Sleep Deprivation, and Pediatric Sleep Issues

Along with Tips for Diagnosing and Treating Sleep Disorders, a Glossary of Related Terms, and a List of Resources for Additional Help and Information



*Edited by
Sandra J. Judd*

Sleep Disorders Sourcebook

**Chad A. Noggle, Raymond S.
Dean, Arthur MacNeill Horton**

Sleep Disorders Sourcebook:

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Sleep Disorders Sourcebook** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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