

# 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

**RJ Alexander**



## **Sleep Disorders Insomnia And Narcolepsy:**

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