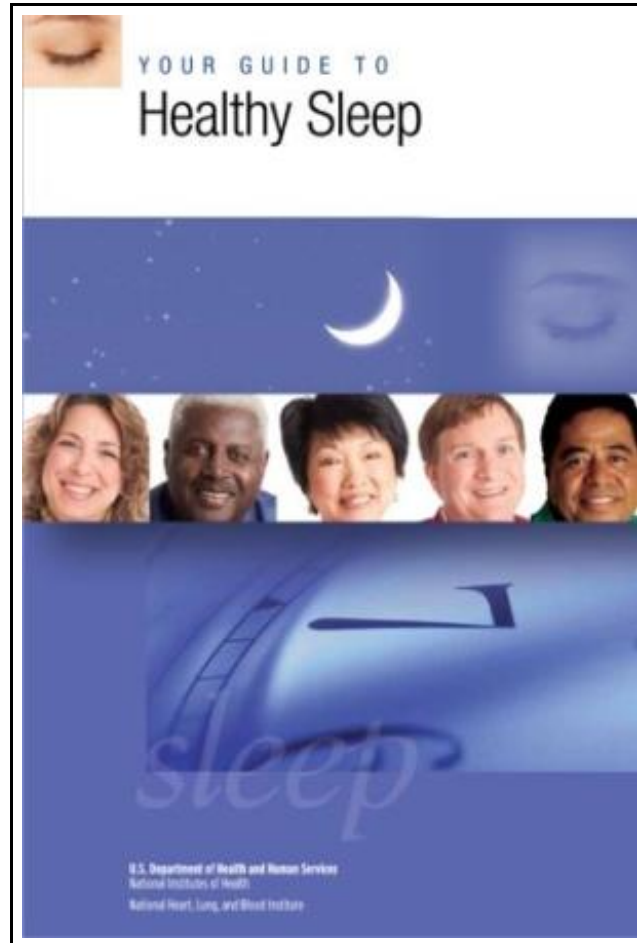


## Your Guide to Healthy Sleep



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## YOUR GUIDE TO HEALTHY SLEEP

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 70 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This book by the National Institutes of Health (Publication 11-5271) and the National Heart, Lung, and Blood Institute provides the latest science-based information about Sleep. This book gives the latest information on sleep disorders such as insomnia (trouble falling or staying asleep), sleep apnea (pauses in breathing during sleep), restless legs syndrome, narcolepsy (extreme daytime sleepiness), and parasomnias (abnormal sleep behaviors). Think of your daily activities. Which activity is so important you should devote one-third of your time to doing it? Probably the first things that come to mind are working, spending time with your family, or doing leisure activities. But there's something else you should be doing about one-third of your time: sleeping. Many people view sleep as merely a down time when their brains shut off and their bodies rest. People may cut back on sleep, thinking it won't be a problem, because other responsibilities seem much more important. But research shows that a number of vital tasks carried out during sleep help people stay healthy and function at their best. While you sleep, your brain is hard at work forming the pathways necessary for learning and creating memories and new insights. Without enough sleep, you can't focus and pay attention or respond quickly. A lack of sleep may even cause mood problems. Also, growing evidence shows that a chronic lack of sleep increases your risk of obesity, diabetes, cardiovascular disease, and infections. Despite growing support for the idea that adequate sleep, like adequate nutrition and physical activity, is vital to our well-being, people are sleeping less. The nonstop 24/7 nature of the world today encourages longer or nighttime work hours and offers continual access to...



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