

# Sleep Disorders

## SOURCEBOOK

SIXTH EDITION

Provides 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.

# Sleep Disorders Sourcebook

**Scott C. Dulebohn**



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