

Sleep disorders

Causes of sleep disorders include:



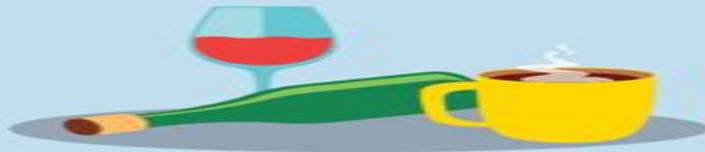
- **Neurochemical imbalances in the brain.**
- **Sleep pathways interfering with wake.**



Genetic factors.



A medication side effect.



Substance use before bedtime.



Working the night shift.

A symptom of a medical condition like heart disease, asthma, pain or a nerve condition.



A symptom of a mental health condition like depression or anxiety disorder.



Womans Guide To Sleep Disorders

Wenbin Ji



Womans Guide To Sleep Disorders:

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