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By Gregory Stores

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Sleep disorders | anxiety and depression

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What causes insomnia? - national sleep foundation

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Young adult health - health topics - sleep

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Gregory stores (author of clinical guide to sleep

Gregory Stores is the author of Sleep and Its Disorders in Children and Adolescents with a Neurodevelopmental Disorder (0.0 avg rating, 0 ratings,

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Additional Physical Format: Online version: Stores, Gregory. Insomnia and other adult sleep problems. Oxford ; New York : Oxford University Press, 2009

How to find the right help for sleep problems

The most common sleep problem is insomnia, which means difficulty in getting to sleep or staying asleep. Other common sleep problems include nightmares,

Insomnia - wikipedia, the free encyclopedia

The percentage of adults using a prescription sleep aid increases with age. is a benzodiazepine commonly prescribed for insomnia and other sleep disorders

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The interplay of sleep disturbance, anxiety, and

Sleep disorders are now more Recent research on adults with insomnia suggests that While individuals with other anxiety disorders such as social phobia

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Insomnia symptoms - mayo clinic

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