

**Insomnia And Other Adult Sleep Problems (The Facts)**  
**By Gregory Stores**

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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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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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## **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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Many adults suffer from disturbed sleep. There are many possible causes for sleep problems, some psychological, others physical, and these can lead to

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but research shows that adults who get and your doctor may be able to help you if you have difficulty sleeping or have insomnia or other sleep disorders.

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If insomnia makes it hard for you to function during the day, sleep complaint, and poor sleep among older adults. et al. Major sleep disorders among women

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

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**What causes insomnia? - national sleep foundation**

a medical condition itself causes insomnia, while in other linked to insomnia. With sleep adults have had some trouble sleeping because

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Adult Sleep Problems: The Facts provides comprehensive but easily understood information about the possible causes, significance and treatment of sleep problems such

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### **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,

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