

INSOMNIA

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Insomnia, also known as sleeplessness, is a sleep disorder in which people have trouble sleeping. They may have difficulty falling asleep, or staying asleep as.

Insomnia | MedlinePlus
Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep. People with insomnia have one or more of the.

Insomnia: Causes, symptoms, and treatments
Insomnia can be caused by psychiatric and medical conditions, unhealthy sleep habits, specific substances, and/or certain biological factors. Recently.

What Causes Insomnia? | National Sleep Foundation
According to guidelines from a physician group, insomnia is difficulty falling asleep or staying asleep, even when a person has the chance to do so. Chronic insomnia is disrupted sleep that occurs at least three nights per week and lasts at least three months. People with insomnia.

INSOMNIA - Home Page

The term insomnia is used in a variety of ways in the medical literature and popular press. Most often, insomnia is defined by the presence of an individual's .

Insomnia - Symptoms and causes - Mayo Clinic

Insomnia is a common sleep disorder. One in four women has some insomnia symptoms, such as trouble falling asleep or staying asleep.

Related books: [Mardi Gras](#), [Mama Tried](#), [A Practical Guide to Storytelling : For Large and Small Groups](#), [Saucy Chronicles I: The Unicorns](#), [Cruise Excursions On Your Own - European Cruise: Ports of Barcelona, Naples, Rome, and Florence](#), [The Birth of Christianity: The First Twenty Years \(After Jesus, Vol. 1\)](#).

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