

INSOMNIA

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Insomnia - Wikipedia

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

Insomnia | MedlinePlus

Insomnia is a sleep disorder that can disrupt a person's daily life. About percent of people in the U.S. experience insomnia, and it can be.

What is 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.

Urban Dictionary: Insomnia

Insomnia is the experience of having trouble falling asleep or staying asleep during the night. It may cause you problems during the day, such as tiredness, low.

Insomnia | Apps | Electron

Have trouble falling asleep, staying asleep, or both? You may have insomnia, a common sleep disorder. Learn about symptoms, diagnosis.

Sleeping Problems: Insomnia | wyvimupibipa.tk

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 - wyvimupibipa.tk

Insomnia is a common sleep disorder. If you have it, you may have trouble falling asleep, staying asleep, or both. This means they are the symptom or side effect of some other problem, such as certain medical conditions, medicines, and other sleep disorders.

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