

Common Sleep Disorders

1

INSOMNIA:

difficulty falling asleep
or staying asleep



2

SLEEP APNEA:

breathing becomes partially or
completely obstructed during sleep



3

SLEEP BRUXISM:

grinding of teeth involuntarily
during sleep



4. **RESTLESS LEG SYNDROME**

5. **NARCOLEPSY**

6. **CIRCADIAN RHYTHM
SLEEP DISORDERS**

Sleep Physiology In Man Common Sleep Disorders

M Walker



Sleep Physiology In Man Common Sleep Disorders:

Delve into the emotional tapestry woven by Crafted by in Experience **Sleep Physiology In Man Common Sleep Disorders**. This ebook, available for download in a PDF format (*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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