

Title:

A Sleepless Nation 70 Million Strong

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395

Summary:

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Keywords:

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Article Body:

A new report by the National Academies' Institute of Medicine shows that between 50 and 70 mil

A lack of sleep can take a toll both psychologically and physically, from daytime sleepiness t

To win the battle over sleepless nights, many Americans are turning to medication. In 2005, 42

Insomnia is the most common sleep disorder, affecting between 30 and 40 percent of adults with

Here are some tips for insomniacs:

&#8226; Keep to a regular sleep schedule: Go to sleep and wake up at about the same time each

&#8226; Exercise regularly: Exercise done early in the day can reduce stress and help put you

&#8226; Watch what you eat and drink: Avoid alcohol, caffeine and meals close to bedtime, but

&#8226; Unplug: This is particularly important for teens with sleep problems-make sure the bed

Sleep troubles can be a symptom of a physical or psychological condition that requires treatme

As many as one in four Americans report trouble sleeping.

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