

Title:

Breaking the Dependence on Sleeping Aids

Word Count:

549

Summary:

The current trend towards popping pills to solve problems rather than having them checked by a

Keywords:

sleeping aids

Article Body:

There are numerous sleeping aids available in the market, likely because people tend to have s

A lack of sleep can be the problem itself, or the symptom of a larger, more expansive problem.

The availability and popular consumption of various medications has spawned what others call t

Recently, a new perspective on sleep disorders was put forth by a team of researchers led by D

The problem, UAB internist and palliative-medicine specialist Rodney Tucker noted, was that pe

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