

Title:

Can't Get Enough on Insomnia

Word Count:

549

Summary:

One of the most common sleep problems in the world is insomnia. Insomnia includes any combinat

Keywords:

sleep problems, insomnia, anxiety, stress, depression, anti depressant medications

Article Body:

Everyone needs to sleep, one of the primary functions of sleep is to reset and replenish the e

Sleep problems are a highly common medical issue that affects millions of people each year. Wh

Insomnia is a condition in which a person have trouble falling or staying asleep. Some people

Insomnia includes any combination of difficulty with falling asleep, staying asleep, intermitt

Common stimulants associated with poor sleep include caffeine and nicotine. One should consid

Insomnia can be mild to severe depending on how often it occurs and for how long. Chronic insc

Fortunately, there are treatments for insomnia that can help put a person back on the path to

Better sleep habits and lifestyle changes often help relieve insomnia. One may need to see a d

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