

Title:

Circadian Rhythm Disorders, Quality Sleep, and Overall Health

Word Count:

541

Summary:

The article is about the importance of sleep and Circadian Rhythm Disorders (CRD). This disorder

Keywords:

fatigue, insomnia, treatment

Article Body:

Adequate sleep is essential to one's overall health. The body needs sleep to rest both the mind

Circadian Rhythm Disorders (CRD) are disruptions in a person's circadian rhythm, a name given to

Another factor that may disrupt sleep and hamper one's sleeping patterns is a condition called

Although generally linked to sleep pattern of human beings, the circadian rhythm also has a di

Because modern technology and medicine CRD can be treated based on the kind of disorder that i

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