

Title:

Dealing with Stress Due to Sleep Deprivation

Word Count:

695

Summary:

The article talks about the the ill-effects of sleep deprivation. Individuals who lack sleep m

Keywords:

cigarette smoking, sleep aid, stress

Article Body:

Lack of sleep may throw the body's system off balance. It is one of the factors that may contr

Lack of sleep actially increases the production of a hormone called corticotropin-releasing ho

Loss of sleep has long been associated with poor physical coordination, weak memory or poor co

Surprisingly, recent medical research has established links between sleep deprivation, cigarr

It is now common knowledge that excessive alcohol and cigarette consumption can lead to the d

Individuals who suffer from sleeping problems have other options that are not harmful to their

If these adjustments don't work, people with sleeping disorders should consult a physician and

However, it is important to understand that these drugs should be taken only as prescribed by

Although the use of sleep aid medications is not prohibited, it should certainly be always don

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