

Title:

Sleep Robbers - And How To Stop Them

Word Count:

673

Summary:

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Maybe not. Studies confirmed that most adults have been depriving themselves of the amounts of

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Keywords:

Article Body:

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What you owe the night before remains in the IOU list which piles up each time you lack sleep.

Just how much sleep is enough? Although it varies depending on the person, it is ideal to cons

Sleep is vital to overall health and individual functionality, which is why you have to win ba

The habit of sleeping late usually starts in a subtle way. You hardly notice you're doing it a

You may not be able to correct this abruptly; actually it would be better to adjust gradually.

Stop your dependency on sleeping aids like alcohol or sleep inducing pills. These aids may kno

If a concern keeps bothering you from getting asleep, try this method. Get a pen (a marker wou

A phone (landline or mobile) on the bedside can be very handy particularly in an emergency. Bu

Your brain monitors and maintains a record of all the hours you owe it in terms of shortage in

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