

you might sleep pdf

sleep, you build up a sleep debt. This may cause you to sleep longer than normal or at unplanned times during the day. Because of your body's internal processes, you can't adapt to getting less sleep than your body needs. Eventually, a lack of sleep catches up with you.

Your Guide to Healthy Sleep

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You Might Sleep is a collection of 22 short stories by author (and editor) Nick Mamatas. In the introduction to this book, titled: "IN THE LONG RUN WE'RE ALL DEAD - OR, WHY SHORT STORIES?" Nick pleads the short story's case.

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If you're getting a full night of sleep but still feel tired all day, apnea might be affecting the quality of your sleep. You might nod off when reading or in front of the TV. You might be more irritable, less productive and make more mistakes at work. You might even find yourself catching more colds, since poor quality sleep can interfere with the immune system. "There are all kinds of spillovers from bad quality sleep into daytime activities," Schwartz notes. 4.

4 Signs You Might Have Sleep Apnea - Johns Hopkins Hospital

There might also be something you're doing before bed that isn't letting you sleep as well as you thought "you might think you just had some great shut-eye, but you may not have been as deeply ...

11 Reasons You Might Be Tired, Even After Sleeping Well

If you're a woman with a neck circumference greater than 16 inches, you are at a higher risk of sleep apnea due to fatty tissue buildup on the airways. If you or someone you love might have sleep apnea, it's important to see a doctor.

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