

**GOOD SLEEP FOR BRAIN HEALTH: SLEEP BETTER
TONIGHT FOR A BETTER MEMORY TOMORROW**

Caitlin Shenker

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Theme Song from a HongKong film a Better Tomorrow - video dailymotion

6 days ago sleep disorders. Get tips on how to fall asleep and sleep better. Getting enough sleep helps you stay healthy and alert. But, many older.

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But the brain is turned on; dreaming occurs only during REM sleep. There is no "normal" amount of sleep; what matters is how well, not Chronic insomnia, though, lasts for more than three weeks. . Learn to replace negative thoughts about sleep ("I'll never get to sleep tonight;" "I'll be a wreck tomorrow.

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A recent Mayo Clinic study of participants 65 and older, found that those who had sleep apnea had 4. And obesity can contribute to sleep apnea and disturbed sleep. Instead, use medication only when an uninterrupted night's sleep is really important. Does it matter? We really don't hear much information out there about. The causes of insomnia range from a variety of underlying medical or psychiatric conditions to medication side effects to simple lifestyle factors. Try to avoid all beverages after dinner if you find yourself getting up at night. The material is presented free of jargon.