

This Report is brought to you by...

The WOW Experience

Overdelivery is our Specialty!

Where Vision and Value Go Hand in Hand with Information and Opportunity!



Other Companies Make Promises -- We Make Dreams Come True!
We Offer QUALITY CONTENT in Every WAY, TYPE and FORM

- Exclusive WOW Private Label Releases
- Private Label Products
- Public Domain Products
- Master Resale Rights eBooks
- Master Resale Rights Software
- Bestselling Audio eBooks by Top Authors
- Non-Fiction Audio eBooks
- Exclusive WOW Affiliate Products
- Resale Rights Products
- Exclusive WOW Private Label Reports
- eBook to Audio Conversion Software
- Resale Rights Generation Software



And, of course, if you want it all tied up in a neat website package, with *all the work done for you*, we have our NEW [Niche Empire Builder Software](#) – the Niche Real Estate Business Builder's Dream Come True!

Niche Empire Builder

The Complete Done-it-For-You Niche Real Estate Business Builder's Dream Come True!

www.the-wow-empire.com

The WOW Content Club

Your Full Spectrum Content Provider

If Content Is King,
The WOW Content Club is the Kingdom
You Have Been Searching For!



www.wow-content-club.com

WOW Profit Packs

Help Yourself to Hundreds of Brand New, Blockbuster Products at Bargain Basement Prices!



www.WOWProfitPacks.com

Enjoy this Free Niche Report, compliments of WOW Enterprises
For Many More Free Reports, simply click on the links below.

www.TheWOWExperience.com

www.NicheEmpireBuilder.com

www.WOW-Content-Club.com

www.WOWProfitPacks.com

Do I Have A Sleep Disorder?

The Types, The Signs & What You Should Know

Topics Covered:

Seven Signs that You Have a Sleeping Disorder

More Women Than Men Suffering From Sleep Disorders

Sleep Disorder Stats – Top Five Circumstances Caused by Lack of Sleep

Sleep is Overrated - NOT! Why Us Mere Humans Need to Snooze

Giving Pause to Sleep Paralysis – A Basic Overview of This Sleep Disorder

Insomnia In Senior Citizens – What Causes This Sleep Disorder?

Leg Pedaling – What Restless Leg Syndrome Means and How You Can Help this Sleep Disorder

Narcolepsy Negates Sleep – What You Should Know About This Sleep Disorder

Sleepwalking and Sleep – Things You Should Know So You Can Nod Off Later

Sound Snoring – The Sleep Disorder that Keeps Everyone Awake

Sweating Sleep – What It Means When You Have Night Sweats

When Heartburn Happens, Sleep Heads Right Out the Door

When Sleeping Disrupts Learning- Steps to Take and Kick that Sleep Disorder

Do I Have A Sleep Disorder?

The Types, The Signs & What You Should Know

Seven Signs that You Have a Sleeping Disorder

A sleeping disorder is defined as, "a disruptive pattern of sleep that may include difficulty falling or staying asleep, falling asleep at inappropriate times, excessive total sleep time, or abnormal behaviors associated with sleep." There are seven signs that indicate you have a sleeping disorder.

These seven signs include difficulty waking up in the morning and/or waking up too early in the morning, difficulty concentrating, a problem with falling asleep at work, feelings of depression, anxiety, moodiness or general irritability, a creepy, crawling sensation experienced in the legs at night, snoring on a regular basis and waking up often throughout the night. Let's take a closer look at each of these signs ...

If you have a difficult time hauling yourself out of bed in the morning, even after getting seven to eight hours sleep and you don't feel as if you slept a wink or if you find yourself waking up too early in the morning (for example waking at 4AM when you don't have to get up until 7AM) and you cannot fall back to sleep you are suffering from a sleeping disorder. Poor quality of sleep can be as detrimental to one's health as can an inadequate amount of sleep.

The sleep cycle consists of four stages and during each of these stages our body secretes a number of hormones that play a role in regulating our metabolic rate along with other health considerations. If our sleep is disrupted on a regular basis the sleep cycles are thrown off resulting in feelings of exhaustion upon waking, lethargy and lack of readiness to embrace a new day. If you experience this problem a visit to the doctor would be well advised in order for the cause of the problem to be uncovered.

If you develop problems with concentrating on small or big tasks (at work or home), coordination, reaction time, attention span and /or a difficulty with problem solving then a sleep disorder could be to blame. Getting a good night's sleep is often underrated. Sleep is a necessary part of the human condition and sleeping well enables us to function to our optimum best throughout the day. Any sleep disorder left to its own devices can lead to chronic sleep deprivation which can wreck havoc with many aspects of a person's life including their work, home life, driving abilities, physical and mental health and social activities.

Drifting off to sleep at work or in school can simply be the sign of staying up too late the night before, drinking too much, worrying too much right before bedtime or staying up late watching a movie or visiting with a friend. We all have the occasional sleepless night but when it becomes a constant problem it has developed into a sleep disorder and will very soon begin affecting your life performance- for the worse. Any number of sleep disorders could be to blame including insomnia, sleep apnea, narcolepsy, or restless legs syndrome. Seek the advice of a health professional.

The fourth sign, feelings of moodiness, irritability, depression or anxiety can indicate a sleeping disorder. Life in general is easier to cope with on a day-to-day basis when we are well rested and at our best health wise. Look closely into the cause of your mood swings, depression, etc. In some causes a sleeping disorder, for example short-term insomnia might be the result of situational factors such as a recent death in the family, a move or a job loss, but in other causes it could be something more serious and more long-term.

Restless legs syndrome (RLS) is experienced by 15 percent of the population and is characterized by a "creepy, crawling feeling" in the legs or some people describe it as "pins and needles." The feeling can make it difficult to fall asleep or can wake a person up suddenly and make them want to shake out the discomfort in their legs.

Although not considered serious or even life threatening, RLS can be a frustrating sleep disorder for an individual and if he/she doesn't sleep solo, for the other person in the bed as well. If this condition becomes frequent and extremely disruptive, medications can be prescribed to relieve the symptoms.

The sixth sign, snoring in and of itself is not harmful but it can very often be the symptom of a sleeping disorder known as apnea. Sleep apnea is a disorder where breathing is interrupted or stops all together during sleep. The signs that indicate you may be suffering from sleep apnea included gasping for air, gagging, a choking sensation, interrupted breathing and frequently waking throughout the night. There are three types of sleep apnea- obstructive sleep apnea (OSA), central sleep apnea (CSA) and mixed sleep apnea.

The seventh sign is waking up frequently during the night. As described above, this could be the symptom of sleep apnea and any number of other problems, be they physical or psychological in nature. Quite often this sleep problem is due to what is known as improper "sleep hygiene" which is basically just lifestyle considerations such as eating habits, exercise habits, smoking, drinking, jet lag, etc. The good thing about these lifestyle factors is that they are under a person's control.

More Women Than Men Suffering From Sleep Disorders

Overview of Probable Reasons

Women are two times as likely to suffer from sleep disorders, such as falling and staying asleep, than men. Many reasons are to be examined. The clinical definition of a sleep disorder is "a unsettling pattern of sleep that may include difficulty falling or staying asleep, falling asleep at unsuitable times, excessive total sleep time, or abnormal behaviors associated with sleep". There are four categories of sleep disorders: insomnia, hypersomnia, sleeping disruptive disorders, and having trouble sticking to a normal sleep pattern.

Many factors may impact the ordinary sleep cycle for women. Changes in hormone levels, stress, illness, lifestyle and sleep environment, pregnancy and hormone fluctuations associated with menstrual cycles, premenstrual sleep disturbances, psychosocial stress, depression, and anxiety have all been named as causes. Pain, grief, and worry can disturb sleep, as can certain

medical conditions, medications, and breathing disorders, in menopausal and postmenopausal women.

Menopause hits middle-aged women and can cause anxiety and heart palpitations. A decrease in hormone levels can cause insomnia, frequent awakenings, and fragmented sleep. Some menopausal women experience hot flashes at night, which are medically termed night sweats. Over 30% of women suffer from night sweats, which can start several years before menopause sets in.

Pregnancy, which naturally only affects women, causes a whole host of sleep-disturbing symptoms. Some pregnant mothers are faced with their first introduction to sleep apnea during pregnancy. A lack of oxygen can become a real problem for mother and child and can cause low birth weight in newborns. Frequent urination, heartburn, general discomfort, fetal movements, low back pain, leg cramps, nightmares, snoring, and sleep apnea are all part of pregnancy and can keep a mommy to be from getting her much needed shut-eye. Men, of course, do not have these issues to worry about.

One in four women over the age of 65 reportedly suffers from sleep apnea. Sleep apnea takes place more often in menopausal woman. Being overweight is a risk factor for this sleep disorder. One presumption is that the increase in belly fat during menopause may be one reason women are more likely to face this disorder. Sleep apnea is characterized by snoring, intermittent breathing during sleep, and excessive daytime sleepiness.

The NSF 2002 Sleep Poll in America recorded 18% of females having reported symptoms of Restless Legs Syndrome. Restless Legs Syndrome, RLS, is a neurological movement disorder, which can lead to daytime sleepiness, mood swings, anxiety, and depression.

Narcolepsy is a chronic neurological disorder that often shows symptoms during the teen years. Patients report having abrupt sleep attacks, a sudden loss of muscle tone or strength, or disturbed nighttime sleep.

More women than men suffer from Generalized Anxiety Disorder. Chronic stress is the major contributing factor and sleep disturbances are common as patients have trouble falling asleep.

According to a 1996 NSF Gallup Poll, more women suffer from nighttime pain than men. 1 in 4 women said pain or discomfort interrupted their sleep 3 or more nights per week. Women are more prone to migraines, tension headaches, rheumatic or arthritis conditions, and heartburn.

Women are more likely than men to complain of insomnia. Insomnia has been linked with depression and stress. Studies show that 20% of people with insomnia suffer from major depression and 90% of people with depression have insomnia. Stress and depression are the main causes of insomnia. Depression may cause early morning awakenings.

Psychosocial stress affects women who, traditionally and culturally, wear many hats. Women fill the role of wife & mother, caregiver for aging parents, and employee, which can cause broken sleep and sleep deprivation.

Female shift workers get less sleep and more disrupted sleep than the normal 8-5 shift worker. Working the night shift puts strain on the family and puts women at a higher risk for irregular menstrual cycles, problems with conception, and higher rates of miscarriage, premature birth and low birth-weight babies.

Over 66% of persons with nocturnal sleep-related disorder are women. Patients eat food throughout the night while they appear asleep. Patients with this condition report not remembering their nighttime eating. It can be caused by medications or other sleep disorders.

Sleep disorders are more common in older women but affect women of all ages. Most, if not all of these issues, will not affect men.

Sleep Disorder Stats – Top Five Circumstances Caused by Lack of Sleep

Insomnia

Insomnia is when you have a hard time going to sleep. You may not sleep for days at a time. It is a relatively common disorder that can affect people of all ages for varying amounts of time. Usually its effects last for only a few nights, but it is possible for the symptoms to continue for months and even years.

Insomnia can be caused by several factors, including psychiatric problems, continual stress, use of drugs or alcohol, a lack of exercise, excessive noise or light, and certain physical illnesses.

If your sleep has been disturbed for more than a few weeks and interferes with your ability to function normally during the day, consult your doctor or make an appointment at a reputable sleep disorder to get some treatment.

Narcolepsy:

Narcolepsy is a rare sleep disorder that can have a devastating impact on a person's life. There is no known cure for it, but proper treatment can help victims' lead normal lives.

The symptoms of narcolepsy can appear suddenly or slowly. The most common indication is excessive daytime sleepiness, and constant feeling of exhaustion that can cause you to fall asleep suddenly.

Cataplexy, another condition associated with narcolepsy, is characterized by a rapid loss of muscle control, often leading to sudden collapse.

Another symptom of narcolepsy is sleep paralysis, a condition defined by an inability to move or speak despite complete consciousness. A third symptom of narcolepsy involves hypnologic hallucinations, strange dreamlike episodes that are characterized by a lack of physical control and a nightmarish sensation that a prowler or strange animal is present. These "waking dreams" are especially disturbing because they are often mistaken for mental illness.

Restless Leg Syndrome:

People experience restless legs syndrome in many ways, but it is almost always described as an uncomfortable sensation in the legs when sitting or lying still. The pain is usually felt in the calves and sometimes can be temporarily relieved by stretching. The constant need to stretch, however, often leaves the sufferer unable to fall asleep.

A similar disorder can be problematic as well. Periodic limb movement disorder is caused by involuntary movements of the legs and arms. These movements tend to occur when asleep. Many of those who suffer from the disorder are unaware of the movements. Episodes occur at regular intervals, usually every 30 seconds during the beginning phases of sleep. Although it is rare, those who suffer this disorder can be awakened by their involuntary movements, leading to a sensation of excessive drowsiness during waking hours.

Treatment: It is important to determine whether underlying causes, such as anemia, diabetes, arthritis, or lung disease, are responsible for the onset of symptoms. Many of those suffering restless leg syndromes have found relief with hot baths or leg massages. Those suffering periodic limb movement disorder usually sleep right through their symptoms and require little or no treatment

Sleep Apnea:

Sleep apnea is a medical condition that can result in death if not properly treated. The disorder involves the repeated collapse of the windpipe, which causes a sleeper to awaken slightly due to shortness of breath. People who suffer from sleep apnea often experience daytime drowsiness, poor performance at work and depression. One of the most common and most frightening effects is that you literally stop breathing when this happens.

Experts say that sleep apnea occurs when muscles in a person's throat relax excessively during sleep. Once diagnosed, treatment can help prevent or reverse the symptoms. These treatments can include sleep position training, weight loss, exercise, quitting smoking, avoiding alcohol, using special oral or nasal appliances, or surgery.

Sleep apnea is one of the most dangerous and potentially deadly sleep disorders and should be treated as soon as possible.

Heartburn

Gastro esophageal reflux, or heartburn, as it is commonly called, is characterized by burning chest pain. Another typical symptom is a sensation of food coming back into the mouth with a bitter, acidic taste. This disorder can also be accompanied by asthmatic breathing, coughing and hoarseness. Occasionally, gastro esophageal reflux can mimic the symptoms of a heart attack, and is often mistaken for one. This disorder is caused by acid "backing up" into the esophagus during sleep. This is easily treatable with medication.

Sleep is Overrated - NOT! Why Us Mere Humans Need to Snooze

Humans must sleep. Studies have shown that people can live longer without food than they can without sleep. Shakespeare commented on the restorative nature of sleep calling it "nature's soft nurse". Mammals, reptiles, and birds also have to sleep.

Even though the exact reasons for sleep remain a mystery, we do know that during sleep many of the body's major organ and regulatory systems continue to work actively. Some parts of the brain actually increase their activity dramatically, and the body produces more of certain hormones. No one knows exactly why we sleep but several scientific theories have been proposed. Some scientists have proposed that we may sleep out of mere habit, without any biological foundation.

Sleep may be a time for the brain to recharge. During sleep, the brain shuts down and repairs neurons and exercises synapses that may slowly break down and weaken with a lack of activity. This could be a time for fine tuning the synaptic connections that get stronger, weaken, break and reform. Sleep, it is theorized, is a time to shift those synaptic connections back to their original design after they have been jumbled up during the day.

Sleep gives the brain a chance to reorganize information to find answers to problems, to process new information, and to organize and archive memories. The brain reinforces memory and categorizes everything learned in a particular order, and erases the useless, impertinent information. During sleep, metabolism slows down as well as energy consumption.

Sleep may also be a time for rest for our heart and lungs. People with normal or high blood pressure have a 20-30% reduction in pressure and a 10-20% heart rate reduction. Sleep gives the body a chance to replace chemicals and repair muscles, other tissues and aging or dead cells. It may also have an effect on strengthening the immune system. In children and young adults, growth hormone is released during sleep. Circadian rhythm or a day-night cycle of about 24 hours has a large impact on the timing, amount, and quality of sleep.

A stable circadian rhythm means better sleep. Adult humans need 7-8 hours of sleep per night. When humans sleep, the brain is able to filter events that do and do not have an impact on long-term memory. Brain glycogen levels are replenished during sleep. Sleep is necessary for survival in mammals. For example, rats will die after about two weeks without sleep. After significant weight loss, they will not be able to regulate their body temperature and will develop infections. A lack of sleep in humans leads to impaired memory and reduced cognitive abilities, mood swings, and hallucinations.

Researchers have theorized that sleep may restore some chemical that is drained during periods of wakefulness. Scientists have isolated chemicals that vary during sleep, like adenosine, which affects metabolism and fatigue -- but no one has pinned down a definitive chemical explanation for sleep. Some experts have speculated that sleep may be an evolutionary instrument to conserve energy. Still others say sleep may give the brain an opportunity to process experiences or even to exercise neural pathways that have lain dormant during the day.

Sleep has a healing effect in that it gives our bodies and minds time to rejuvenate, reenergize, and restore. We organize long-term memory, integrate new information, and repair and renew

tissue, nerve cells and other chemicals. Sleep is also of an adaptive nature. As primitive humans and mammals, it was and is easier to find food during the day and, for mammals, to hide at night.

Sleep is also a matter of energy conservation. During sleep, humans are conserving energy when it would be unlikely to find food if we stayed awake. A hormonal body clock also regulates sleep patterns. The melatonin in the body rises during evening hours, which makes us sleepy. Morning brings a drop in melatonin concentration. Light also helps us stay awake. When human eyes get strong light waves, the melatonin production is depressed via links with our visual system. The amount and quality of sleep we get is directly related to the amount and quality of our productivity.

Not enough sleep can cause dips in:

- Performance
- Concentration
- Reaction Times
- Grouping Learned Information

Not enough sleep can cause rises in:

- Lapses in Memory
- Accidents and Injuries
- Behavior Problems & Mood Problems

Giving Pause to Sleep Paralysis – A Basic Overview of This Sleep Disorder

Sleep paralysis is a serious sleep disorder in which the affected individual feels incapable of movement. A person affected with sleep paralysis will usually experience the feeling that they are unable to execute voluntary physical movement at the onset of sleep (sometimes referred to as hypnogogic), or just upon waking (or the hypnopompic period).

Sufferers of sleep paralysis complain that they are unable to move their legs, arms, and trunk upon waking or at falling asleep. In many cases, sleep paralysis may be accompanied with strong dream-related mentation, and sometimes even hallucinations. Some individuals report the feeling of something or someone applying pressure on their chest.

Sleep paralysis appears to be caused by a short-termed episode of muscle paralysis. Fortunately, this sleep disorder does not appear to cause harm to an individual's health. However, individuals who suffer from sleep paralysis often report feeling frightened at not being able to move, and experience considerable stress at not knowing when the effects of a sleep paralysis episode will subside, or when a new episode will occur.

Who is more likely to experience sleep paralysis? It appears that small children are more susceptible to the effects of sleep paralysis, although the condition also appears in healthy adults. Individuals who suffer from other sleep disorders, especially narcolepsy, are much more

likely to experience sleep paralysis. In fact, many episodes of sleep paralysis are the result of complications from narcolepsy.

Narcolepsy is a chronic sleep disorder in which an individual experiences bouts of uncontrollable daytime sleepiness. One of the main symptoms of narcolepsy is cataplexy, or paralysis experienced without the loss of consciousness. Thus, it is thought that sleep paralysis may be related to narcolepsy, although many individuals who suffer from sleep paralysis do not have narcolepsy.

What exactly happens to your body during an episode of sleep paralysis?

Polysomnography, or a sleep recording, indicates that the body demonstrates a lack of skeletal muscle tone. The brain appears to fall into a REM stage sleep more quickly, and sleep tends to take on an overall dissociated nature.

What should you do if you find yourself experiencing a sleep paralysis episode? Many times, a person will regain consciousness from a sleep paralysis episode upon being touched or hearing a sound. Some individuals report that freedom of movement returns moments after awakening, once full consciousness has been restored. Some doctors assert that one of the best methods of regaining consciousness during a sleep paralysis episode is to slowly attempt to move the outer edges of your body, beginning with blinking your eye, looking around the room, or fluttering your eyelashes.

It is also recommended that you move your fingers. If this gentle approach does not seem to work, some individuals report considerable success with the "shout and roll" method. The shout and roll method consists of vocalizing as loud as you can while rolling your shoulders. Many sleep paralysis patients report 'snapping out' of an episode by sheer physical will.

Many people find that the prospect of future sleep paralysis episodes causes undue stress, and interferes with their ability to achieve restful sleep. While there are no cures for sleep paralysis, certain precautions can be taken to help prevent future episodes. Sleep paralysis can be prevented by getting enough sleep every night, going to sleep at the same time each night, following a regular exercise regime (although patients should avoid exercise near bedtime), and avoiding stressors, especially in the hours before bedtime.

Many sleep paralysis patients report success with changing their sleeping position. This simple adjustment has been proven to help reduce the frequency of sleep paralysis episodes. Sleep paralysis appears more frequently while individuals sleep on their backs. Sleeping on one's side appears to be the best position for avoiding sleep paralysis episodes, although it is recommended that patients experiment with different sleeping positions.

If a person experiences weekly sleep paralysis episodes for six months or more, their condition may be described as severe. Severe cases of sleep paralysis may be treated with medication. Antidepressants have been shown to be efficacious in preventing episodes of sleep paralysis in some cases. If sleep paralysis appears to be related to cataplexy brought on by narcolepsy, certain tricyclic antidepressants and SSRIs have been shown to help.

Insomnia in Senior Citizens – What Causes this Sleep Disorder?

Insomnia is one of the most common sleep disorders and it is the “inability to get to sleep and stay asleep night after night.” Insomnia also involves intermittent wakefulness and early morning awakening. Although not technically considered a disease, insomnia can be very annoying to the individual suffering from it. If left untreated, insomnia can lead to sleep deprivation which can wreck havoc in an otherwise healthy adult’s life.

Insomnia affects people of both sexes and all age groups, although it is most common in women and senior citizens. According to the International Longevity Center, insomnia affects approximately one-third of senior adults and up to two-thirds of individuals over the age of fifty have one type of sleep problem or another (which is approximately 35 to 37 million senior citizens across the United States). The average senior citizen needs around 6 ½ to 7 ½ hours of sleep per night for proper functioning during the daytime.

Long-term insomnia means that both the body and brain are not getting a sufficient amount of rest which can usher in a host of other problems for the individual. Insomnia can either be short-term (transient) or long-term (chronic). Transient insomnia is common and temporary and generally is related to a stressful current event such as an impending divorce, a death in the family, a move, a vacation, anticipation about the arrival of a grandchild, etc. Transient insomnia is not a huge concern and generally gives way to only a few nights of tossing and turning. However when insomnia takes place over an extended period of time (such as many weeks) and is characterized by a number of nights grouped together where sleep is difficult then it has developed into a more serious form of insomnia- chronic insomnia.

Many things cause insomnia in senior citizens. Some of these contributing factors include anxiety, too much stress, illness, depression, caffeine, alcohol, heavy smoking, physical discomfort or pain, napping too often during the daytime hours, a poor sleeping environment, medical conditions, retiring too early in the evening, too much time spent in bed or jet lag. It is believed that anxiety, depression, grief or stress are the cause of over half of most insomnia sufferers problems while the most common health problems include arthritis, asthma, breathing related problems, hyperthyroidism, diabetes, kidney disease and hypoglycemia. Sleep apnea can also be a cause of insomnia in seniors as can restless legs syndrome. When a person feels anxious or stressed they tend to lie awake at night and wrestle with their problems and possible solutions. This can become a habit that can very easily lead to chronic insomnia.

Depression can be a contributing factor in insomnia but it also can result in a person sleeping too much in order to not have to cope with the underlying cause of their depression or simply as an escape from it. Depression can bring on insomnia but the reverse can also be the case. Sometimes insomnia can be caused by lifestyle choices such as bad eating habits and/or eating a large meal too close to bedtime. Eating a large meal of greasy or spicy foods can exacerbate the problem even more. Keep in mind that alcohol, caffeine and nicotine are all drugs- alcohol is a depressant that interrupts normal sleep patterns while caffeine and nicotine are stimulants.

Many people are not aware of the fact that a lack of exercise can also contribute to insomnia. Exercising on a regular basis helps to improve the quality of a person’s sleep and serves to relieve the daily stresses of life. Moderate exercise such as walking, twenty to thirty minutes a day, three to four times a week is all that is required to help improve one’s quality of sleep. A

survey done by the National Sleep Foundation in 2003 found that of the 1506 respondents to the study, fifty-two percent of seniors reported improved sleep patterns when they exercised three or more times a week.

Three other common causes of insomnia that are unique to senior citizens include pain in various parts of the body, excess weight and what is known as ambulatory restrictions (things such as a problem with walking, sitting and climbing or descending stairs).

It is important to keep in mind that insomnia in and of itself is not a disease but is most often symptomatic of a more serious disorder or disease. Getting a good night's sleep contributes to a senior adult's overall physical and mental health and well-being. Being active throughout the day, eating properly and exercising can go a long way in helping insure that sleep will come easily at night.

Leg Pedaling – What Restless Leg Syndrome Means and How You Can Help this Sleep Disorder

Restless Leg Syndrome is a sleep disorder and condition that causes individuals to feel a crawling sensation in their limbs, most commonly in their calves, ankles, and across their trunk. Sometimes Restless Leg Syndrome can cause the sufferer considerable discomfort, causing a throbbing and even stinging sensation in the leg muscles.

Sufferers of Restless Leg Syndrome have also described feeling a tingling, creeping, and pulling feeling across their legs and trunks. Most symptoms of Restless Leg Syndrome are felt during periods of extended inactivity, such as when long periods of sitting or lying down. Most of the time, sufferers will experience symptoms at nighttime, thus the syndrome's classification as a sleep disorder. Some people will experience symptoms in only one leg, and others will experience them in both. In rare cases, individuals may experience the symptoms of Restless Leg Syndrome in their arms.

Most symptoms become intensified at night, particularly at the beginning of a sleep cycle. Most people experience a reduction in symptoms in the early morning hours. When the legs are at rest, the symptoms of Restless Leg Syndrome become more pronounced. The distraction and pain of the symptoms cause sufferers to move their legs in an effort to ease pain and find relief, thus the description of 'restless legs'.

Obviously, Restless Leg Syndrome can disrupt a person's sleep significantly. Indeed, Restless Leg Syndrome almost always results in some degree of insomnia. The presence of irritating sensations and pain, and the involuntary movement and jerking of legs can make getting a good night's sleep almost impossible, and can result in daytime fatigue.

What causes Restless Leg Syndrome? Although the cause of this condition remains unknown, it seems to run in families. Research shows that Restless Leg Syndrome is more common in groups of people with certain deficiencies. People with anemia and iron deficiencies are more likely to suffer from Restless Leg Syndrome. Pregnant women may also be more susceptible to this condition. In addition, people who are obese, smokers, people who suffer from diabetes,

heavy coffee drinkers, and arthritis sufferers may also be more vulnerable to developing Restless Leg Syndrome.

Other perhaps more serious conditions that may also be associated with Restless Leg Syndrome include nerve diseases, hormone diseases, kidney disorders, and polyneuropathy. Some prescription drugs have also been linked to the onset of Restless Leg Syndrome, including certain antidepressant drugs, as well as Zantac and Tagamet.

Restless Leg Syndrome may appear in people of all ages, although it appears to be more common in older individuals. Restless Leg Syndrome is also thought to affect children who may be experiencing "growing pains." These children are often mislabeled as hyperactive due to their restlessness. It does appear that Restless Leg Syndrome tends to develop slowly, with symptoms growing in intensity over time.

Another sleep disorder that is often confused with Restless Leg Syndrome is known as Periodic Limb Movements in Sleep (also known as PLMS). PLMS involves involuntary movement, both bending and jerking, of the legs during the course of a night's sleep. People who suffer from PLMS may experience movement of the legs every 10 to 60 seconds. Unlike Restless Leg Syndrome, PLMS occurs while the individual is asleep, although the constant movement may cause them to wake throughout the night.

Treating Restless Leg Syndrome is often difficult because there is no definitive cure. The first step toward treating Restless Leg Syndrome is to search for any underlying causes. If you suspect you have Restless Leg Syndrome, your medical professional will conduct blood tests to reveal if you have an iron deficiency and/or anemia. Your doctor will also work to rule out any other possible causes for your symptoms.

Reducing alcohol and caffeine intake, especially before bedtime, can help ease the symptoms of Restless Leg Syndrome. If you are a smoker, you can drastically reduce your smoking or quit altogether and help reduce Restless Leg Syndrome significantly. Practicing good sleep hygiene and getting some form of daily exercise are also important to keep the symptoms of Restless Leg Syndrome under control.

If your case of Restless Leg Syndrome is severe enough, your doctor may recommend certain medications. The most common medications prescribed for the treatment of Restless Leg Syndrome include ropinirole, gabapentin, and tramadol. Other non-prescription options include electric nerve stimulation, acupuncture, and ingesting oral magnesium.

Narcolepsy Negates Sleep – What You Should Know About This Sleep Disorder

Narcolepsy is one of the most unusual and least common of all sleep disorders. Narcolepsy is a medical condition and sleep disorder that causes chronic and uncontrollable instances of daytime sleepiness. A person with narcolepsy can experience the sudden onset of sleepiness and fall asleep at a moment's notice.

They may drop whatever they happen to be holding, become limp, and fall to the floor in sleep. Narcolepsy is classified as a chronic neurological disorder. It is thought that narcolepsy is caused by the brain's inability to adjust normal sleep-wake cycles. The cause for this irregularity remains unknown.

In addition to the sudden onset of uncontrollable sleepiness, individuals who suffer from narcolepsy may also experience three distinct symptoms. The first is cataplexy, which refers to bouts of irregular muscle weakness or paralysis that occurs without loss of consciousness. The second symptoms are hypnopompic and hypnogogic hallucinations, which refer to hallucinations experienced while waking up or falling asleep. The third symptom related to narcolepsy is sleep paralysis. With the frequent disruptions of sleep patterns, narcolepsy can wreak havoc on an individual's quality of life. Narcolepsy patients complain of feeling consistently fatigued and irritable.

Narcoleptic "sleep attacks" can occur several times a day, with each attack lasting anywhere from a few seconds to almost an hour. Most bouts of sudden sleepiness occur during long meetings and lectures. Most individuals that suffer from narcolepsy report feeling refreshed and revived upon reawakening. Some narcolepsy patients also report that the narcoleptic attacks can be strongly hallucinogenic, or simply slightly irritating.

It is estimated that 25 people out of every 100,000 people in the United States suffer from narcolepsy, with an estimated 125,000 individuals diagnosed with the disorder. The disorder is thought to strike individuals with a genetic predisposition, since it is most commonly repeated in certain families.

Usually, narcolepsy develops during adolescence, with most individuals diagnosed between ages ten and twenty. However, some individuals are diagnosed in early childhood, and some elderly may experience the sudden onset of sleep attacks as well. Some studies indicate that the effects of narcolepsy wane with age, although this remains in dispute.

Narcolepsy is usually diagnosed through a description of symptoms and by reviewing the results of an electroencephalogram (EEG). In many cases, a medical professional will advise the patient be examined during a sleep lab. Unfortunately, there is no "cure" for narcolepsy. The primary treatment for narcolepsy involves making several lifestyle adjustments, including getting regular exercise, avoiding stimulants, and incorporating regular naps into the individual's daytime schedule.

Indeed, taking two to three short naps (15 to 20 minutes in length) have been shown to help individuals control excessive daytime sleepiness. Individuals with narcolepsy may need to negotiate with their employers to allow for regular naps during the regular workday.

Individuals with narcolepsy can also greatly benefit from maintaining a daily exercise regime. Just exercising for 20 minutes a day can help control sleep attacks, improve the quality of nighttime sleep, and help control a healthy weight (excessive weight may contribute to the severity of narcoleptic symptoms). Getting regular sleep during the normal nighttime hours is also important in controlling the effects of narcolepsy. Stimulants should be avoided for several hours before bedtimes, including alcohol, caffeine, and cigarettes.

Drugs commonly prescribed to individuals with narcolepsy include stimulants such as ephedrine or amphetamines. Antidepressant drugs, such as migraine, are sometimes also used to control the cataplexic attacks that often accompany bouts of daytime sleepiness. Over the counter drugs and caffeine are not shown to prove effective in combating the drowsiness caused by narcoleptic sleep attacks. In 1999, a new drug was approved by the FDA to treat excessive daytime sleepiness. The drug, Modafinil, has proved effective in suppressing excessive daytime sleepiness, but it does not treat the cataplexy, paralysis, or hallucinations caused by narcolepsy.

While narcolepsy itself does not cause any medical problems or risks, sudden bouts of severe daytime sleepiness pose the danger of causing accidents. Narcolepsy can interfere with the performance of everyday tasks, reduce overall productivity, and disrupt with normal nighttime sleep patterns. Also, recent research indicates that narcolepsy may be linked to blood pressure and depression. Narcolepsy patients can greatly improve their quality of life by maintaining normal and healthy sleep schedules, and by taking medications to combat the effects of cataplexy and excessive drowsiness.

Sleepwalking and Sleep – Things You Should Know So You Can Nod Off Later

Sleepwalking can be very disconcerting. Imagine going to sleep at night, burrowing under the covers, but waking up in a totally different place? Or, perhaps you wake up in your own bed, but family members tell tales of you walking and talking to them, sometimes even completing different tasks and you have no recollection of the events.

Sounds spooky, doesn't it? Approximately ten percent of the population has bouts of sleepwalking, many of them children. Also known as somnambulism, sleepwalking often occurs during the deep sleep phase. The common belief that you should not wake sleepwalkers is dangerous. In fact, if you do not wake them, they have a great potential of hurting themselves or the people around them.

Some people are unsure about the symptoms of sleepwalking and whether they or a loved one could be suffering from it. Sleepwalkers often appear awake. If you are unsure if a loved one is actually sleepwalking, look into their eyes. If they stare absently and don't see you or track your movements with their eyes, chances are that they are indeed sleepwalking. Another symptom of sleepwalking is weird or uncharacteristic behaviors.

Talking or mumbling is common in sleepwalkers as is disorientation or confusion if awakened suddenly. Aggressive behavior toward a person trying to waken a sleepwalker is another symptom and also plays into that myth about it being dangerous to awaken sleepwalkers. It is especially important to wake up a sleepwalker if they are showing signs of wanting to go outside or even perform certain tasks that can prove harmful if asleep like cooking or using power tools.

We all have had various notions about what sleepwalking is, but what causes it? The biggest factor is usually lack of sleep. When deprived of sleep, a person's consciousness is affected. Extreme fatigue can also play a factor in the cause. Stress, anxiety and worrying about something can kick off episodes of sleepwalking.

Various medications and even imbibing alcohol are issues that play into a sleepwalking event. Sleeping disorders and other health conditions can contribute to this event. For instance, kids with asthma and sleep apnea are more prone to sleepwalking than others because their conditions are not always conducive to a good night's sleep and rest.

Diagnosis can be fairly simple for sleepwalking, especially if other people witness this behavior. Other family members are usually the ones corroborating stories to the fact that sleepwalking is happening. If you live alone, diagnosis is harder to determine, so sometimes a sleep study is performed. In addition, your doctor may perform some tests to find if any medical conditions may be contributing to your little unconscious nighttime forays.

Treatment for sleepwalking comes in many forms and depends on what is determined as the primary cause. One action you can take is to get more rest and sleep. Another thing you can do is clear harmful obstacles from the sleepwalker's path in order to avoid injury. Door chains placed higher than their head is recommended to avoid wandering off outside, especially if a child is the sleepwalker. Removing stove knobs, putting sharp objects like scissors and knives away and childproofing the stairway with a baby gate might help keep your sleepwalking child out of harm's way.

For some people, sleepwalking can be draining over the course of time. When sleepwalking interferes in your daily, "awake" life, a doctor might prescribe tranquilizers to keep you from getting up in your sleep. Hypnosis is also another option that works on some people. With the tranquilizer and hypnosis treatments, your doctor must have ruled out other biological causes before resorting to those measures.

Keeping the same routine every night helps your body relax, degree by degree. Indulging in a little aromatherapy or a leisurely bath helps with relaxation too. Going to bed at the same time every night, nixing stimulants like cigarettes and caffeine and even reading a book or story to your child all play a part in a harmonious bed time ritual.

Since sleepwalking is the end result of not getting enough sleep or rest, finding a bed time routine that is consistent just might be helpful in avoiding another late night, unknowing reconnaissance mission. Sleepwalking, for the most part, is not serious and usually goes away on its own. If it doesn't however, it is important that you see a medical professional about your sleepwalking problem.

Sound Snoring – The Sleep Disorder that Keeps Everyone Awake

Probably everyone is familiar with snoring. If you don't snore, you've probably shared a room or bed with someone who does. Although snoring is often the butt of many jokes and used for comedic effect on TV and in movies, snoring can actually be a serious medical condition. Many people view snoring as a harmless nuisance, but in reality, it can indicate underlying health problems. Snoring can take a toll on the quality of you and your sleeping partner's sleep, as well as your overall health.

Mild Snoring, Severe Snoring, and Sleep Apnea

Many people mistakenly make no distinction between mild snoring and sleep apnea. Regular, mild snoring occurs when a person experiences some sort of congestion or airway obstruction, resulting in loud breathing sounds during sleep. Most of the time, snoring is a normal phenomenon that occurs when a person is experiencing congestion, enlarged adenoids or tonsils, or when a person abuses of alcohol or sedatives.

Mild snoring can usually be alleviated by avoiding alcohol consumption, the use of sedatives, or by sleeping on one's back. Indeed, most people who are experiencing mild snoring can find relief simply by turning to sleep on their sides. If snoring is caused by congestion caused by a cold, flu, or sinus infection, symptoms will usually subside as the illness gradually passes.

Severe snoring can indicate more serious health problems. Severe snoring occurs when a person experiences regular, chronic snoring. When a person is experiencing severe snoring, they will snore no matter what sleeping position they take. If you tend to awake yourself or your sleeping partner with your snoring, chances are your snoring is more severe than mild. Also, if you find yourself experiencing fitful sleep, and wake feeling fatigued even after several hours of sleep, you should consult your doctor. You may need to be observed at a sleeping clinic to find out the degree and possible causes of your snoring.

Sleep apnea is often confused with snoring since it produces similar sounds. The basic distinction is that snoring is simply a sound a person makes while sleeping, while sleep apnea causes a person to stop breathing several times during the night. Sleep apnea is a serious sleep disorder that occurs when a person experiences an obstruction in breathing, causing a pause of up to ten seconds in breathing.

These pauses of breath can occur up to 30 times during the course of one night's sleep! When a person suffers from sleep apnea, they will wake several times a night to regain breath. Many times, people are not aware that they suffer from sleep apnea, and only become aware when their sleep partner observes the symptoms. In rare cases, sleep apnea left untreated can prove fatal.

The Social Aspect of Snoring

Snoring is not only a medical concern. Snoring can also take quite a social toll. A person who snores may keep their sleep partner awake, and cause their quality of sleep to decline. The snorer's sleep partner may also worry about their partner's health, especially if they also suffer from sleep apnea. Both the snorer and their sleeping partner may experience sleep deprivation and insomnia that in turn leads to irritability, daytime fatigue, restlessness, and overall lack of energy and productivity. In serious cases, a person's snoring may even drive their sleeping partner out of the bedroom, and into the respite of a quieter room.

The Health Risks of Snoring

Excessive or chronic snoring can be indicative of more serious medical problems. Not only can snoring cause serious sleep deprivation, it has also been linked to various health problems.

Snoring has been associated with obesity, high blood pressure, diabetes, heart disease, and a greater chance of getting a stroke.

The most obvious health risks of snoring include increased daytime fatigue and sleepiness, low energy, inability to think clearly, and a compromised immune system that is more susceptible to getting colds, flu's, and other illnesses.

Because snoring reduces the amount of oxygen that reaches the brain, it may also exacerbate a person's vulnerability to developing adult onset diabetes, hypertension, stroke, and heart disease.

What Can You Do to Reduce Your Chances of Snoring?

The best thing you can do to prevent snoring is to make proactive lifestyle adjustments. Maintain a healthy weight, get regular exercise, avoid smoking and overuse of alcohol or sedatives, and avoid dairy products or other difficult to digest foods before bedtime. Many people can greatly reduce the occurrence of snoring simply by sleeping on their sides, and sleeping without a pillow, or at least a flatter pillow.

Sweating Sleep – What It Means When You Have Night Sweats

Night sweats, sometimes called hyperhidrosis, can disrupt your sleep and leave you feeling all washed up—literally. Individuals who suffer from night sweats may awaken in the middle in the night feeling either too cold or too hot, their palms clammy, and their bed sheets moist with sweat. Night sweats are surely a nuisance and can cause insomnia-inducing stress.

How do you know if you suffer from night sweats? Most likely, your wet bedding and extreme body temperature will be enough to diagnose night sweats. If you are still in doubt, visit your doctor.

What do night sweats mean? Night sweats are not inherently harmful. Usually, they are a symptom of another condition. There are myriad causes of night sweats. Perhaps the most common cause of night sweats in women is menopause. Most menopausal women will experience some form of night sweats. Men too can suffer from night sweats due to hormonal changes. Andropause, sometimes referred to as 'male menopause,' can also cause men to experience night sweats.

Another common cause of night sweats are sleep disorders, particularly sleep apnea. Sleep apnea occurs when individuals experience frequent pauses of breath during the course of a night's sleep. Individuals who suffer from sleep apnea will experience pauses that can last for up to ten seconds, and may experience up to 30 pauses in breath per night.

People who experience sleep apnea will experience frequent disruptions in sleep, which can often cause night sweats. Often, night sweats can be indicative of sleep apnea. If you tend to wake up at night, sweaty and out of breath, you may be suffering from sleep apnea. You will want to consult your medical professional, who might recommend

Night sweats also commonly stem from any illness that can produce fevers and chills. Immune-suppressing diseases such as HIV, AIDS, Hodgkin's disease, and tuberculosis can result in severe disruptions of sleep, and even frequent night sweats. Women who have undergone chemotherapy are also particularly vulnerable to suffering from night sweats. Chemotherapy robs the body of estrogen. When a woman's body lacks estrogen, signs of menopause will emerge. These may include hot flashes, insomnia, and of course, night sweats.

Another cause of night sweats stems from the effect of certain medications. Certain anti-depression and anti-anxiety medications, as well as some birth control pills, can cause night sweats.

A laundry list of other possible causes of night sweats may include: diabetes, strokes, epilepsy, cerebral palsy, anemia, migraines, hyperthyroidism, head or brain injury, and any condition that can cause fever.

As you can see, night sweats may be the result of any number of conditions. The best way to take control of your night sweats, you must determine what is causing them. If the cause of your night sweats is not evident, make a list of anything you suspect may be triggering them. Visit your doctor, who will perform a complete health evaluation and conduct tests to identify the cause of your night sweats. Most of the time, finding the cause of your night sweats can help you eliminate or reduce their frequency.

Although very rare, you may want to be tested for primary hyperhidrosis. Primary hyperhidrosis is a rare disorder that causes very heavy night and daytime sweating. Primary hyperhidrosis can interfere with an individual's quality of life. In the most severe cases, surgical removal of the sweat glands may be advised.

If you find yourself suffering from night sweats, here are a few things you can do to reduce their frequency and intensity. Certain lifestyle changes can help you deal with night sweats. If you are experiencing night sweats, it's very important that you practice excellent sleep hygiene. Retire to bed at the same time every night, get at least eight hours of sleep, and avoid alcoholic beverages before bedtime.

Spicy foods have also been linked to the occurrence of night sweats, so abstain from eating hard to digest foods near bedtime. You may also benefit from keeping your bedroom at a cool temperature, or sleeping with the window open to increase air circulation. Some people swear by taking a cold shower right before bedtime. If night sweats do strike in the middle of the night, have a cool glass of water or juice to re-hydrate. If the night sweats were severe enough, you will also want to take a bath, and then change your bedding and sleeping clothes.

When Heartburn Happens, Sleep Heads Right Out the Door

How to Treat this Condition

Gastro esophageal reflux, or heartburn, is recognized by burning chest pain. Another typical symptom is a sensation of food coming back into the mouth with a bitter, acidic taste. This disorder can also be accompanied by asthmatic breathing, coughing and hoarseness. Occasionally, gastro esophageal reflux can mimic the symptoms of a heart attack, and is often mistaken for one. This disorder is caused by acid "backing up" into the esophagus during sleep. This is easily treatable with medication.

Most people can control heartburn by making a few changes in their lifestyle and habits. It's especially important to cut back on things such as chocolate, alcohol, coffee, fried foods, and other items that have a tendency to weaken the seal between the stomach and the esophagus.

You can also ease some of your pain by avoiding foods that irritate an already inflamed esophagus, such as tomato sauces, citrus fruits and juices, peppers and spicy foods. If you're a smoker, you should consider quitting. It would be the healthiest thing to do at this time. And if you're overweight, losing a few pounds can save you a lot of unnecessary pain.

If heartburn tends to strike you at night, try raising the head of your bed by four to six inches. One way to do this is to place blocks under the frame at the head of the bed. Some stores such as "Bed, Bath, and Beyond" sell bed raisers to do just this. This will make physics work for you. Gravity will help keep acid in your stomach. For the same reason, you should also wait at least two to three hours after dinner before lying down to bed. This is a good thing to do to help you lose weight as well. If your food is digested, there is nothing to go back into the esophagus.

Over-the-counter antacids such as Roloids, Tums, or Maalox can provide quick relief from heartburn. You can push off future attacks by taking one of several drugstore remedies that slow down the flow of acid, including Tagamet, Zantac, Pepcid, and Axid. If heartburn is a recurring problem, talk to your doctor. He can help you find the remedy that's right for you. You want something that will work long term, not just when it happens. You want to avoid it from happening to begin with.

If your attacks are strong, you may need stronger medicine. Your doctor may want to give you prescription-strength doses of over-the-counter medicine, or a powerful dose of acid-fighters known as proton pump inhibitors. These drugs, including Nexium, Protonix, and many others, shut down acid production in the stomach and can bring dramatic relief.

If medications and lifestyle changes aren't enough to control your heartburn, you may need an operation -- called fundoplication. This operation bolsters the barrier between the stomach and the esophagus. The surgery is considered a last resort, but it cures up to 90% of cases. The operation can now be performed through a tiny incision. The procedure causes relatively little pain and doesn't require a long hospital stay.

Other treatments may also be available. Several procedures are being used and researched for the treatment of gastro esophageal reflux disease (GERD). One of these procedures uses radio waves to tighten the muscular valve between the esophagus and stomach and reduce symptoms of GERD.

For quick treatment of heartburn or other stomach acid problems, try drinking a glass of milk. You can also eat a piece of bread. This will help either absorb the excess acid or neutralize it.

This does not work for everyone, but it may be the quick fix you need to get to sleep. If this technique works for you, it could save you hundreds of dollars a year on medicines and doctor visits.

Proper treatment of heartburn and other related problems can help you avoid outbreaks in the future. Heartburn when you are trying to sleep can be one of the most unpleasant things. It can ruin your whole night. You will wake up feeling nauseated, tired, grouchy, and sick. This is not good. Take care of this problem now and it will save you a lot of pain and sleep in the future.

When Sleeping Disrupts Learning- Steps to Take and Kick that Sleep Disorder

The National Institute of Neurological Disorders and Stroke has proven through studies that chronic sleep problems affect 40 million Americans every year and an average of 20 million to 30 million individuals will lose sleep on an occasional basis.

Compound this with the knowledge that 22 million American citizens work night shifts or swing shifts, which causes many disruptions with the body's normal cycles in terms of sleep considerations. If allowed to worsen, these sleep disorders can evolve into full blown sleep deprivation which can cause problems with a person's ability to function on the job; their ability to learn, remember and concentrate; their driving skills and personal relationships.

Research has proven that a consistent lack of sleep can affect a person's cognitive functions including impaired memory, a slower reaction time, an inability to concentrate, a shorter attention span and a reduced ability to learn and process new information. Being too tired to learn can result in a lack of adequate performance at school or work for an individual.

The brain has a difficult time when processing new information, when it is deprived of sleep, and research into this has yielded the result that the brain is the organ of the body that requires the greatest amount of sleep. Studies have shown that learning spatial tasks (such as remembering a set of instructions) greatly increases the production of new cells in the part of the brain known as the hippocampus.

The brain cells in the hippocampus rely on the benefits of sleep to survive, and indeed thrive. The hippocampus consistently goes through a process called "neurogenesis" whereby it creates new brain cells throughout the life of an individual. When the hippocampus is involved in the learning of a new skill or task, neurogenesis takes place even quicker. It is adequate sleep that aids greatly in this process.

Researchers at Boston's Harvard Medical School conducted a study in 2000 which added fuel to the argument that getting a good night's sleep and learning are linked. They found that those who stay up late cramming the night before an exam and then lose sleep actually do worse on their marks than those who got a good night's sleep the night before. The students' ability to both learn and retain the information they had learned was thwarted because of missed zzz's.

It appears that sleep plays a major role in learning and academic performance. This study also showed that trying to quickly catch up on missed sleep doesn't work as the lack thereof has a negative impact upon performance even three days after the fact. In other words even if the students had had a restful night's sleep before their exam they would still suffer performance problems because they had tried to catch up on missed sleep from the previous few nights before.

Another study looked at how sequences of patterns can be learned over a period of four days by a group of select students. The group was broken into two with half of the group being allowed a restful night's sleep on the first night of the study while the second group was not allowed to sleep restfully. The conclusion reached after the study was that there was a connection between losing sleep on night number one and a lack of performance on tests dealing with memory a number of days later.

The results deemed from this study showed that sleep definitely plays a role in how students learn in school and indeed how people learn in general, regardless of the learning material. The process of sleep plays a significant role in encouraging information to remain intact in the brain and to, in other words "stick."

For those with sleeping problems that disrupt learning they should look closely at what they eat. It is important to eat foods that consist of tryptophan, which prompts the production of the hormone melatonin. Melatonin is beneficial in helping an individual get to sleep. Tryptophan can be found in egg whites, honey, milk, tuna and turkey.

There are certain foods that should be avoided close to bedtime and these include bacon, cheese, ham, tomatoes and sugar because they are composed of an amino acid called tyramine. Tyramine prompts a stimulating effect on the brain and encourages wakefulness and alertness, not sleepiness. Sleep patterns can be easily improved upon by simply altering one's eating habits for the better.

You are invited to pass this report along to as many people as you like, provided that you make no changes to it and that you give it away for FREE.

If you would like **your own Private Label Version of this report** and hundreds of others just like it on hot, high interest niche topics – all of which come complete with 5 custom cover graphics – [click here to visit our Niche Reports Resource](#).



WOW: Where Vision and Value Go Hand in Hand with Information & Opportunity!

Please click below to check out all of our entrepreneurial friendly sites and products.

=> <http://www.The-WOW-Experience.com>

Always something NEW on the horizon. Always something for YOU to use to grow your business!
That's what WOW is all about. Your success is our ultimate goal and our reason for growth.