



Strategies to Prevent and Manage

Sleep Disorders

Tips:

- Avoid intoxicants.
- sleep-wake cycle.
- Exercise.
- Avoid large meals.
- Set up sleep environment.
- Pre-sleeping rituals.
- Manage overthinking.

Disrupt daily life and negatively impact mental and physical well-being

Insomnia
Sleep Apnea
Parasomnias
Narcolepsy
Restless Leg Syndrome
(RLS)

Coping With Sleep Disorders

Jianjun Gao



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