



# 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

**Herbert Ross, Keri Brenner, Burton  
Goldberg**

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