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Kryger Apos S Sleep Medicine

And how much is enough? Meir Kryger is a professor at the Yale School of Medicine. He has treated more than 30,000 patients and wrote the book — or at least edited the most widely used textbook — on ...

Why You Should Sleep More

a professor of medicine at Yale's School of Medicine and author of "The Principles and Practice of Sleep Medicine." Kryger says no couple should feel embarrassed about the practice: "For a lot ...

1 in 4 couples sleep in separate bedrooms. It affects the whole family.

in Kryger, M.H., Roth, T., Dement, W.C. (Eds.). (2017). Principles and Practice of Sleep Medicine, 6th. Ed. St. Louis: Elsevier Saunders. Epstein, L.J. & Mardon, S. (2007). The Harvard Medical School ...

Psychology Today

Meir Kryger, M.D., is a professor of medicine at the Yale School of Medicine, and author of The Mystery of Sleep: Why a Good Night ' s Rest Is Vital to a Better, Healthier Life.

Meir Kryger, M.D.

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Keeping it Together: Just the idea of seeing my family has me smiling

This problem is magnified during rapid eye movement (REM) sleep ... s dystrophy, mitochondrial encephalomyopathy, myasthenia gravis, stroke, epilepsy, Parkinsonism, and Alzheimer's disease (Kryger ...

Obstructive Sleep Apnea in Neurological Patients

A one-size-fits-all approach to athlete sleep recommendations (eg, 7 – 9 hours/night) is unlikely ideal for health and performance. We recommend an individualised approach that should consider the ...

Sleep and the athlete: narrative review and 2021 expert consensus recommendations

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Symptoms: High cholesterol, sleepiness during the day, and weight gain that ' s slow and relentless as the years go by may all be signs that you ' re not eating as well as you should be, Legato says.

5 Common Men's Health Problems and How to Fix Them

As a sports medicine professional ... I am interested in a car coming from auction. It's still in transit, so I haven't gotten to see it yet. So far the dealership has been good to ...

Used 2007 Pontiac Vibe for sale in Adrian, MI

On Sunday I got to spend Father's Day with my actual father for the first time in many years. For a long time I lived in the Washington, D.C. area, too far from my parents in the Philadelphia suburbs ...

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