Sleep

Sleeping is a normal part of life, and good sleep patterns are essential to good health. On average, adults need between seven and eight hours of sleep in a 24-hour cycle and younger people need even more. It is estimated that one in three Americans has some problems with sleeping. College-aged people, while needing at least the average amount of sleep, often do not find the time to sleep or have some emotional or physical problems which interfere with their sleep patterns. Sleep deprivation has been linked to increased accidents, injuries, depression, illness, and lack of concentration. Poor or disturbed sleep can have many causes, and as with all health-related concerns it is always wise to rule out a medical condition when attempting to develop good sleep hygiene. In addition, many psychological conditions can interfere with good sleep, including depression, anxiety, sexual dysfunction, stress, and grief.

Sleep hygiene refers to habits and behaviors which affect the quality and quantity of sleep. The following links provide in-depth information on this topic.

http://www.thesleepsite.com/hygiene.html
http://www.stanford.edu/~dement/howto.html
http://www.umm.edu/sleep/sleep_hyg.html
http://www.sleepfoundation.org/publications/goodnights.cfm
http://my.webmd.com/content/article/62/71839.htm
http://healthysleeping.com/
