

Learning Resources

Sleep

The Doctor Is In Series

Lack of sleep is a major health hazard. Studies have shown that people are more prone to colds and viral infections when they don't get enough sleep. Yet 40 million Americans suffer from insomnia; another 56 million can't sleep because of pain.

This program explains how to get a good night's sleep. It covers insomnia, breathing disorders like sleep apnea and narcolepsy, restless legs, and disturbances of sleep timing that occur in shift work and from jet lag.

Dr. Peter Hauri of the Mayo Clinic and Dr. Allan Pack of the University of Pennsylvania Center for Sleep Disorders provide tips on how to fall asleep, manage night shifts, and travel across time zones. Dr. Richard Ferber offers advice for parents on how to help infants and young children fall asleep and stay asleep through the night.

Adult, Professional
28 minutes, order 2-2158-IN

Sleep And Its Disorders

Nature of insomnia, narcolepsy, and other sleep disorders are addressed. Exploring the physiology of sleep, Dr. Mendelson overviews the prevalence and nature of insomnia and excessive daytime sleepiness. He also discusses the relationship between sleep and psychiatric illness.

Post Secondary - Advanced,
Professional
60 minutes, order 1-5875-IN

Understanding Sleep Disorders

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