

DOWNLOAD THE PROMISE OF SLEEP A PIONEER IN SLEEP MEDICINE EXPLORES THE VITAL CONNECTION BETWEEN HEALTH HAPPINESS AND A GOOD NIGHTS SLEEP

### **the promise of sleep pdf**

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In sleep science, sleep onset latency (SOL) is the length of time that it takes to accomplish the transition from full wakefulness to sleep, normally to the lightest of the non-REM sleep stages.

### **Sleep onset latency - Wikipedia**

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Sleep debt or sleep deficit is the cumulative effect of not getting enough sleep. A large sleep debt may lead to mental or physical fatigue.. There are two kinds of sleep debt: the results of partial sleep deprivation and total sleep deprivation. [citation needed] Partial sleep deprivation occurs when a person or a lab animal sleeps too little for several days or weeks.

### **Sleep debt - Wikipedia**

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### **National Sleep Foundation**

Sleep paralysis is when, during awakening or falling asleep, a person is aware but unable to move or speak. During an episode, one may hallucinate (hear, feel, or see things that are not there), which often results in fear. Episodes generally last less than a couple of minutes. It may occur as a single episode or be recurrent.

### **Sleep paralysis - Wikipedia**

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### **Quest Magazine | Muscular Dystrophy Association**

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### **George Washington University - The School of Medicine**

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