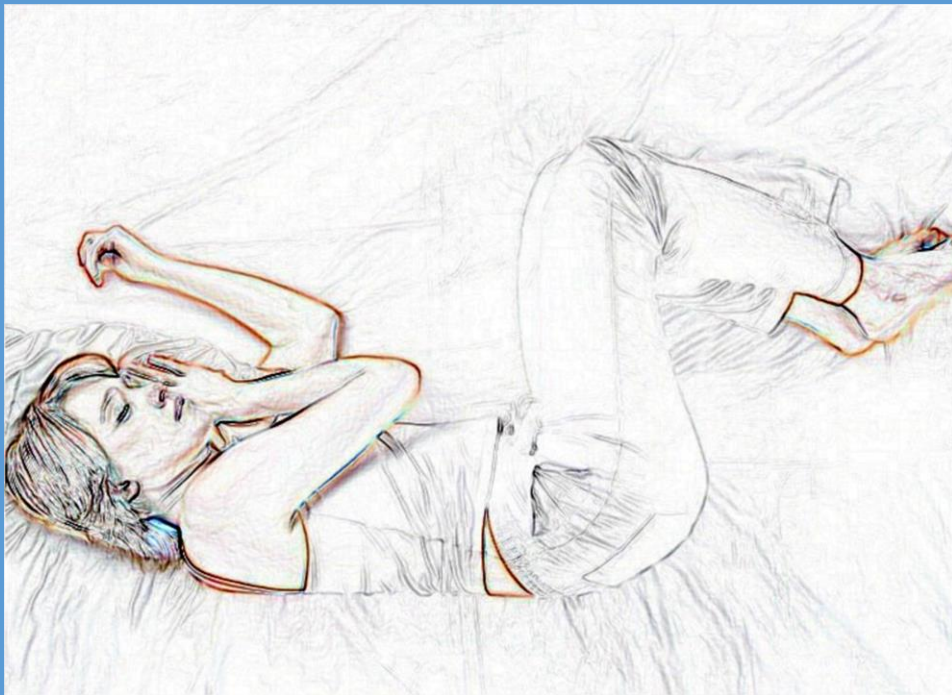


SLEEP POSITIONS AND HOMOEOPATHY



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SLEEP, POSITIONS OF SLEEP AND HOMOEOPATHY

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Introduction

Sleep

Sleep may be defined as a periodic state of rest accompanied by varying degrees of unconsciousness and relative inactivity (Psora/ Syphilis).

Sleep-wake cycle

The sleep-wake cycle varies in relation to the age and gender of the individual. Women past age 35 tend to sleep more than men. On an average-

- Newborn- 20 hr each day
- Child- 10 hr each day
- Adult- 7 hr each day
- Elderly- 6.5 hr each day

There is great individual variation in the amount and depth of sleep.

Stages of Sleep

Sleep has been found to have two states-

Non rapid eye movements

This is also called NREM or synchronized sleep and involves four stages.

- Stage 1- Eye movements are slow, EEG shows low brain wave activity.
- Stage 2- EEG activity is increased, with the appearance of spikes called K complexes
- Stage 3- Eye movement ceases; wave frequency is reduced and amplitude increased.
- Stage 4- EEG shows more delta activity.

Rapid eye movements

This also called REM or dreaming sleep.

NREM and REM sleep alternate during the night; each cycle requires 90 to 100 min. NREM sleep composes approx. 75% of the sleep cycle and REM sleep approx. 25%, with variations among individuals.

Persons deprived of sleep for several days or more become irritable, fatigued, unable to concentrate, and usually disoriented (Psora/ Causa occasionalis). Performance of mental and physical tasks deteriorates. Some individuals experience paranoid thoughts and auditory, visual, and tactile illusions or hallucinations (Psora).

Deprivation of REM sleep may cause anxiety, overeating, and hypersexuality (Psora/ Pseudopsora/ Sycosis). The effects of sleep deprivation are reversed when the normal sleep-wake cycle is resumed.

PHYSIOLOGICAL CHANGES DURING SLEEP

In General

- Body temperature falls (Psora/ Syphilis)
- Secretion of urine decreases (Psora/ Syphilis)
- Increased secretion of growth hormone during the first 2 hr of sleep (Psora/ Sycosis)

- Surges of adrenocorticotrophic hormone (ACTH) and cortisol secretion occur in the last half of the sleep period (Psora/ Sycosis)
- Luteinizing hormone secretion is increased during sleep in pubescent boys and girls (Psora/ Sycosis)
- Prolactin secretion is increased in men and women, esp. immediately after the onset of sleep (Psora/ Sycosis)
- Hand waving, arm swinging, laughing, and flatus occur during normal sleep (Psora)

In NREM Sleep

- Heart rate and respiration become slower and more regular (Psora/ Syphilis)

In REM Sleep

- Heart rate and respiration become more rapid and less regular (Psora/ Sycosis)
- Blood flow to the brain is increased (Psora/ Sycosis)
- Breathing is more irregular (Psora/ Pseudopsora)
- Heart rate and blood pressure vary (Psora)
- Cerebral blood flow and metabolic rate increase (Psora/ Sycosis)
- Penile erections may occur (Psora)

Snoring (Psora/ Sycosis/ Pseudopsora) may be clinically insignificant but, when accompanied by apnea, can be harmful. The consequences of loss of sleep may include- fatigue, loss of concentration, or difficulties in coping or job performance (Psora/ Causa occasionalis).

Most people feel and perform best with 6 to 8 hours of sleep each night.

Sleep Positions

There are several ways the people use to sleep in routine life. These characteristic sleep positions reflect their personalities. These positions may be categorized as under-

Fetal

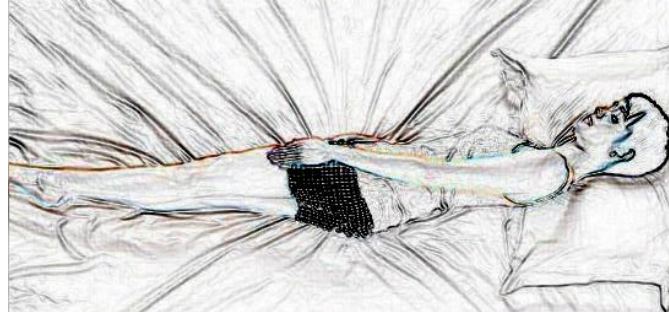
This is the most common sleeping position. This is more common in females. This position is defined by a person who sleeps on their side with their legs curled up. Seems like an uncomfortable position to some, but it is a fairly comfortable sleep style for the majority of people.

The persons who curl up in the fetus position are described as rough on the outside but sensitive at heart. They may be shy when they first meet somebody, but soon relax.



Log

This position is defined by people lying on side but with legs kept extended straight and arms by sides. These sleepers are easy going, social people who like being part of the in-crowd, and who are trusting of strangers. However, they may be gullible or credulous. Log sleepers are very sociable people who love to engage with all kinds of individuals.



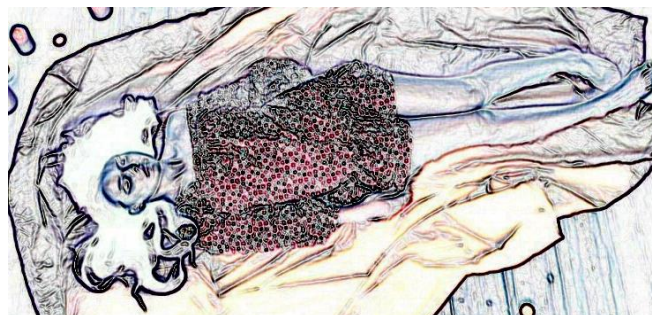
Yearner

This is defined as position in sleep on side with both arms stretched out in front. They are said to have an open nature, but can be suspicious and cynical. Their decisions are slow but firm. These people are usually very open and inviting. However, they can be a little suspicious of people and are often very cynical.



Soldier

This military posture sleep style is characterized by a person who sleeps on their back with their arms straight down at their side. People who sleep in this position are generally quiet and reserved. They do not like a hassle, but set themselves and others high standards. Soldier sleepers live up to their name, they tend to take themselves very seriously and are very structured. They have high expectations for themselves and others around them. This position may lead to snoring and a bad night's sleep.



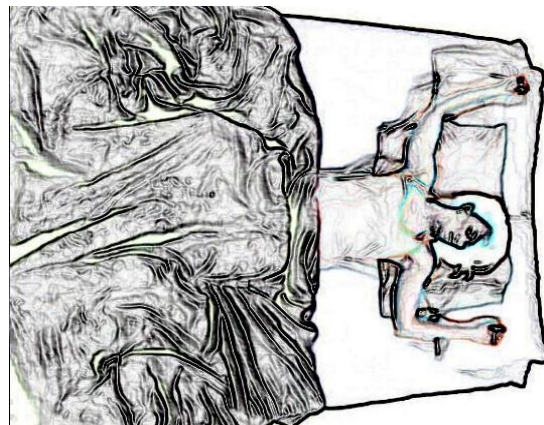
Free-fall

This position can be defined as lying on belly with hands around the pillow, and head turned to one side. As the name implies, free-fall sleepers are very free personality types. These people are often social and impatient. Although they show such a free spirit, free-fall sleepers are secretly nervous on the inside and have an over-sensitivity to criticism and extreme situations. This position is good for digestion.



Starfish

This position may be defined as sleep lying on back with legs stretched out, and arms stretch up by head. People who prefer this unconventional style are very loyal friends, and make their friends a huge priority in their lives. They generally do not like to be the center of attention. They love hearing the problems of others, and go out their way to help when they can. This position may lead to snoring and a bad night's sleep.



Soldier-Starfish

This is a hybrid condition. Some sleepers resemble Soldier or Starfish sleepers both as they sleep on back, but don't keep the rigidity of Soldier nor the sprawling of Starfish. These hybrid sleepers are characterized by an attitude of flexibility and a go-with-the-flow nature. They tend to be easily persuaded by others. This position may lead to snoring and a bad night's sleep.



Pillow Hugger

This is not a sleep position in itself because sleepers in any of the positions can either hug their pillow or not. This action does reveal the nature of the person. Pillow Huggers place high importance on the bonds in their lives, in terms of friendships, family, and relationships. They tend to be people-pleasers, and may attempt to help others instead of themselves on occasion.



Snorer

This is also not a sleep position, but snoring can reveal something about personality. The snorers have extreme emotions which manifest in hyperactivity, aggression, or depression. Snorers are known for their passion and their ability to live each moment to its fullest.



Duvet

This position has one arm or leg sticking out of the duvet, followed by both feet poking out the end.

Prostrate and Worship

This is similar to free faller style. These persons have the mind to occupy the whole bed with hope to grasp all the wanted things into one's hand. They are conservative and difficult to handle accidentally happening things.

King

This style is also similar to Soldier. This type of person has stable psychological conditions. They are self-confident, open-minded and creative. They always feel happy, easy to control one's manner.

Criminal

This position can be defined as sleeping in any position with keeping one ankle locked on other. This posture shows that the person is being hindered by something in mind. Their worry is being reflected by one ankle being put on another ankle.

Sleeping Lion

This position can be defined as the person is refusing to sleep. This kind of person does not sleep long and are difficult to fall into sleep. Their conscious mind hope that they can be woken up as soon as possible.

REPERTORY OF SLEEP POSITIONS

SLEEP - POSITION - abdomen, on abrot. acet-ac. Aloe am-c. amp. aq-mar. arge-pl. ars. Bell-p. Bell. bry. cadm-s. calc-lac. calc-m. calc-met. Calc-p. calc-sil. calc. carc. caust. cina cocc. Coloc. crot-t. cupr. dulc. falco-pe. halo. ham. ign. kali-s. Kola Lac-c. lach. Lyc. MED. Nat-m. petr-ra. Phos. phyt. Plb. podo. psil. Puls. SEP. stann. Stram. Sulph. symph. Tub.

SLEEP - POSITION - abdomen, on - arm over the head; with one ars. cimic. dig. lac-c. nux-v. Puls.

SLEEP - POSITION - abdomen, on - arm under the head; with one androc. ars. bell. cocc. plat.

SLEEP - POSITION - abdomen, on - hands above head aq-mar. carc.

SLEEP - POSITION - abdomen, on - pelvis; spasmodically throwing up the Cupr.

SLEEP - POSITION - abdomen, on - pregnancy; during podo.

SLEEP - POSITION - abdomen, on - sleep; when falling asleep kali-s. lac-c.

SLEEP - POSITION - arms - abdomen; on bell. calc. cocc. coloc. ign. m-ambo. PULS. stram.

SLEEP - POSITION - arms – apart Cham. plat. psor.

SLEEP - POSITION - arms - head - above; stretched castor-eq. verat.

SLEEP - POSITION - arms - head - above; stretched - fingers while asleep; cracks castor-eq.

SLEEP - POSITION - arms - head – over aloe Arg-met. ars. aur. bry. calc. carc. castor-eq. chin. cimic. coloc. euph. ferr-ma. Lac-c. med. nit-ac. NUX-V. Plat. plb. PULS. rheum ruta SULPH. thuj. verat. viol-o.

SLEEP - POSITION - arms - head - over - one or both arms nux-v.

SLEEP - POSITION - arms - head - under the acon. aloe ambr. ant-t. ars. bell. caj. cedr. chin. cocc. coloc. ign. m-ambo. m-aust. meny. Nux-v. plat. Puls. rhus-t. sabad. sanic. spig. viol-o.

SLEEP - POSITION - arms - head - under the - one or both arms nux-v.

SLEEP - POSITION - arms - heart area; clenched over coca-c.

SLEEP - POSITION - back; on acet-ac. acon. Aids. aloe am-c. ambr. androc. ant-c. ant-t. Apis arn. ars. aur. bism. BRY. Calc. carb-n-h. carc. cham. chin. chlor. choc. Cic. cina Coca Colch. coloc. conch. crot-t. cupr-act. cupr-ar. cupr. cypra-eg. dig. digin. dros. dulc. Ferr. gink-b. guaj. Hell. hep. hyos. hyper. Ign. iris-foe. kali-chl. kali-p. kreos. Lac-c. Lyc. m-ambo. m-arct. m-aust. mang. med. MERC-C. mez. morph. mur-ac. nat-ar. nat-m. nit-ac. NUX-V. olib-sac. op. ox-ac. par. Phos. Plat. positr. PULS. rhod. RHUS-T. ribo. ruta sabad. sars. sol-ni. spig. stann. Stram. SULPH. vanil. verat. viol-o. zinc.

SLEEP - POSITION - back; on - evening – impossible mag-m.

SLEEP - POSITION - back; on - night - midnight – after mez.

SLEEP - POSITION - back; on - alternating with sudden sitting up, then lying again hyos.

SLEEP - POSITION - back; on - arms - head; lying over *calc. carc. neon vanil.*

SLEEP - POSITION - back; on - arms - head; lying over - left arm lying over head *aids. dig. ign.*

SLEEP - POSITION - back; on - arms - right arm clamped between legs, on falling asleep *plb.*

SLEEP - POSITION - back; on - feet drawn up *Puls.*

SLEEP - POSITION - back; on - foot rests on opposite knee with one leg drawn upward *Lac-c.*

SLEEP - POSITION - back; on - hands - crossed over abdomen *PULS.*

SLEEP - POSITION - back; on - hands - flat under occiput *aloe ambr. ars. coloc. ign. Nux-v. phos.*

SLEEP - POSITION - back; on - hands - flat under occiput - left hand only *acon.*

SLEEP - POSITION - back; on - hands - flat under occiput - left hand only - other arm over the head *coloc.*

SLEEP - POSITION - back; on - hands - head – above *carc. Lac-c. med. plat. PULS. viol-o.*

SLEEP - POSITION - back; on - hands - head – behind *aids.*

SLEEP - POSITION - back; on - hands - head - on the *carc.*

SLEEP - POSITION - back; on - hands - head - over the *aloe carc. Lac-c. med. ozone plat. PULS. viol-o.*

SLEEP - POSITION - back; on - hands - head - over the - thighs drawn up upon abdomen, lower limbs uncovered *Plat.*

SLEEP - POSITION - back; on - hands - head - under the head *carc. nat-ar.*

SLEEP - POSITION - back; on - hands - head - under the head - folded under head; hands *ars-met. ars.*

SLEEP - POSITION - back; on - head – low *cench. Dig. nux-v.*

SLEEP - POSITION - back; on - head – upright *m-aust.*

SLEEP - POSITION - back; on – impossible *acet-ac. acon. lact. mag-m. petr-ra. phos. positr. Sulph.*

SLEEP - POSITION - back; on - knees bent *aloe bry. hell. lach. MERC-C. stram.*

SLEEP - POSITION - back; on - knees bent - spread apart; and *plat.*

SLEEP - POSITION - back; on - only on back *dig. Ferr. rhus-t. sulph.*

SLEEP - POSITION - changed frequently *acon. arn. ARS. aur. Bad. bell. Cact. calc-sil. calen. caste. coli. Eup-per. Ferr. form. gels. helodr-cal. Hep. hipp. Ign. kali-c. Kola lac-del. lac-h. lach. lyc. lycpr. m-aust. malar. merc. mosch. mur-ac. Nat-s. nux-v. phos. plac-s. plat. positr. puls. Pyrog. rhus-t. rubd-met. Ruta sabin. sel. sulph. tritic-vg. vanil. zinc.*

SLEEP - POSITION - changed frequently – morning *aur. malar.*

SLEEP - POSITION - changed frequently – evening *kali-c. lach.*

SLEEP - POSITION - changed frequently - night - midnight - after midnight; and *dulc. plat.*

SLEEP - POSITION - changed frequently - night - midnight - after midnight; and - 3 h *tub.*

SLEEP - POSITION - changed frequently - palpitations, because of *cact.*

SLEEP - POSITION - changed frequently - turning three hundred and sixty degrees all night *lac-del.*

SLEEP - POSITION - curled up *med. musca-d.*

SLEEP - POSITION - curled up - dog; like a *aids. ars. bap. bry. heroin. mag-br. psor.*

SLEEP - POSITION – diagonally *con.*

SLEEP - POSITION - face; on the *cina Lac-c. med. stram.*

SLEEP - POSITION - fingers spread apart *lac-c. Lach. Sec.*

SLEEP - POSITION - hands - abdomen; on *Puls.*

SLEEP - POSITION - hands - and knees; on hands *aids. cina med.*

SLEEP - POSITION - hands - head – on *cham.*

SLEEP - POSITION - hands - head – over *ars. nit-ac. nux-v. plat. puls. sulph. verat. viol-o.*

SLEEP - POSITION - hands - head - over - left hand *dig. viol-o.*

SLEEP - POSITION - hands - head - over - both hands *castor-eq. nit-ac. plat. rheum viol-o.*

SLEEP - POSITION - hands - head - over - one hand *rheum*

SLEEP - POSITION - hands - head - over - one hand - one hand under the head *coloc. ign.*

SLEEP - POSITION - hands - head – under *acon. ambr. ant-t. arist-cl. ars. bell. cadm-s. chin. coloc. ign. iris-foe. m-ambo. m-aust. nux-v. phos. plat. puls. viol-o.*

SLEEP - POSITION - hands - head - under – morning *cocc. ph-ac.*

SLEEP - POSITION - hands - heart region; clenched over *coca-c.*

SLEEP - POSITION - hands - nape of neck; on *Nux-v.*

SLEEP - POSITION - hands - pit of stomach; one hand on plat.

SLEEP - POSITION - hands - pit of stomach; one hand on - right hand acon. plat.

SLEEP - POSITION - hands - pit of stomach; one hand on - left hand ant-t. m-aust. phos. viol-o.

SLEEP - POSITION - hands - stomach; on m-ambo.

SLEEP - POSITION - hard; every position seems laur. mag-c. phos.

SLEEP - POSITION - head - backwards; bent alum. Bell. chin. cic. Cina cupr. dig. dros. Hep. hyos. hyper. ign. m-ambo. Nux-v. rheum sep. Spong. stann. viol-t.

SLEEP - POSITION - head - bored into pillow Apis arn. bell. carc. Hell. Hep. hyper. lach. Spong. stram. verat. Zinc.

SLEEP - POSITION - head - bored into pillow – occiput Zinc.

SLEEP - POSITION - head - covered with sheet aloe calc. Cor-r. rumx. Sil.

SLEEP - POSITION - head - forwards; bent acon. cic. crot-h. cupr. phos. puls. Stann. staph. viol-o.

SLEEP - POSITION - head - low; with absin. arn. cadm-s. cedr. Dig. hep. Nux-v. sil. SPONG. sulph. zinc.

SLEEP - POSITION - head - low; with – dislikes m-aust.

SLEEP - POSITION - head - low; with - impossible - midnight; after m-aust.

SLEEP - POSITION - head - occiput impossible; lying on dulc.

SLEEP - POSITION - head - side, to one cina dulc. spong. tarax.

SLEEP - POSITION - head - side, to one – right cina

SLEEP - POSITION - head - table, on the Ars.

SLEEP - POSITION - head – upright ant-t. led.

SLEEP - POSITION - impossible; lying Cham. glon. lap-la. lyc. sulph. tarent.

SLEEP - POSITION – kneeling Med. stram.

SLEEP - POSITION - knees – bent aloe ambr. m-ambo. MERC-C. petr-ra. Plat. viol-o.

SLEEP - POSITION - knees - chest position; knee Calc-p. Carc. cina con. euph. lac-c. lob. Lyc. MED. musca-d. olib-sac. Phos. sep. stram. Tub.

SLEEP - POSITION - knees - chest position; knee - children; in carc.

SLEEP - POSITION - knees - elbows bent; knees and ambr. carc. lyc. m-ambo. med. stram. viol-o.

SLEEP - POSITION - knees - elbows bent; knees and - infants; in carc.

SLEEP - POSITION - knees - face forced into pillow; and Calc-p. Carc. cina eup-per. Lyc. MED. Phos. Sep. Tub. zinc.

SLEEP - POSITION - knees - spread apart Cham. m-ambo. Plat. puls. viol-o.

SLEEP - POSITION - limbs, lower – crossed kali-p. rhod. thuj.

SLEEP - POSITION - limbs, lower - crossed - ankles; at rhod.

SLEEP - POSITION - limbs, lower - drawn up abies-c. anac. Carb-v. Cham. chin. Hell. Lac-c. mang. meny. MERC-C. nat-m. op. ox-ac. Plat. plb. PULS. rhod. Stram. symph. tax. tritic-vg. ulm-c. vanil. viol-o.

SLEEP - POSITION - limbs, lower - drawn up – left stann.

SLEEP - POSITION - limbs, lower - spread apart bell. Cham. mag-c. nux-v. plat. Puls. rhod. rhus-t. viol-o.

SLEEP - POSITION - limbs, lower - stretched out agar. bell. cham. chin. dulc. plat. Puls. rhus-t. Stann.

SLEEP - POSITION - limbs, lower - stretched out - one stretched out - right one aids. stann.

SLEEP - POSITION - limbs, lower - stretched out - one stretched out - other drawn up; the aids. lac-c. stann.

SLEEP - POSITION - limbs, lower - uncovered; inclined to have lower limbs con. plat.

SLEEP - POSITION – motionless lyc.

SLEEP - POSITION – naked ara-maca. fl-ac. med. merc. puls. sabin. SULPH. thuj.

SLEEP - POSITION – reverse coff.

SLEEP - POSITION - side; on acon. alum. Arn. BAR-C. borx. Calc-s. caust. Colch. coli. ferr. fuma-ac. glycyrg. kali-n. ketogl-ac. m-arct. mag-br. merc. mosch. myos-a. nat-c. Nat-s. nux-v. oxal-a. Phos. pot-e. ran-b. sabad. sabin. spig. sulph. vanil.

SLEEP - POSITION - side; on - curled up bapt.

SLEEP - POSITION - side; on – impossible acon. aur. ferr. Lach. Merc. moni. mosch. nat-c. PHOS. puls. ran-b. rhus-t. sabad. sulph.

SLEEP - POSITION - side; on - left side; on acon. am-c. atro. bar-c. borx. bry. bufo calc. carc. cench. chel. chin. coca-c. elaps fuma-ac. gels. iris kali-p. **Mag-m.** merc. myos-a. nat-c. nat-f. nat-m. **Nat-s.** pert-vc. **Phos.** pot-e. psor. sabin. sep. **Sulph.** Thuj. tritic-vg.

SLEEP - POSITION - side; on - left side; on - feet drawn up phos. tritic-vg.

SLEEP - POSITION - side; on - left side; on - hand on chest as if protecting the heart kali-ar.

SLEEP - POSITION - side; on - left side; on - head on left arm cob.

SLEEP - POSITION - side; on - left side; on – impossible arb-m. **Ars.** cean. cimic. **Cocc.** colch. coloc. elaps kali-c. **Kali-s.** **Lach.** lyc. naja nat-c. op. phasco-ci. **PHOS.** puls. sep. tab. thea

SLEEP - POSITION - side; on - left side; on - only sleep on; can carc.

SLEEP - POSITION - side; on - painful side; on bry. coloc. **Cupr-act.**

SLEEP - POSITION - side; on - right side; on ail. alumin-p. arg-met. arg-n. arg-p. arge-pl. **Ars.** calc-m. carc. cham. chin. coli. cupr-p. ign. iris-foe. kali-c. **Kali-s.** ketogl-ac. lach. limest-b. lith-p. **Lyc.** mang-p. merc. musca-d. **Nat-s.** pert-vc. **Phel.** **PHOS.** plb-p. positr. **Sulph.** sumb. symph. titan-s. titan. vanil. vero-o. zinc-p.

SLEEP - POSITION - side; on - right side; on - abdomen on waking; but on pert-vc.

SLEEP - POSITION - side; on - right side; on - back on waking; but on **Lyc.**

SLEEP - POSITION - side; on - right side; on – impossible **Acet-ac.** arg-n. aur. **Borx.** bry. chin. merc. prun. psor. puls. ran-b. sulph.

SLEEP - POSITION – sitting acon. **Ars.** bar-c. bell. borx. cann-s. caps. carb-v. chin. cic. **Cina** dig. hep. **Kali-c.** kali-n. **LYC.** nat-m. **PHOS.** **PULS.** **RHUS-T.** sabin. spig. **Stram.** **SULPH.**

SLEEP - POSITION - sitting – erect cina

SLEEP - POSITION - sitting - head - backward; sitting erect and head held a little **Cina Phos.**

SLEEP - POSITION - sitting - head - bent – forward acon.

SLEEP - POSITION - sitting - head - bent - forward - or to the side puls.

SLEEP - POSITION - sitting - head - bent - side - right; to **Cina**

SLEEP - POSITION - sitting - head - table; on the **Ars.**

SLEEP - POSITION - sitting - only when sitting; sleep possible acon. puls. sulph.

SLEEP - POSITION - sitting - up suddenly, then lying on back again hyos.

SLEEP - POSITION - sitting up in bed (unconscious) puls. stann.

SLEEP - POSITION – stiff **Cham.** mag-s. plat.

SLEEP - POSITION - stomach; on ant-c. calc-m. calc-n.

SLEEP - POSITION – straight abrot. glycyrr-g.

SLEEP - POSITION – strange berb. calc-p. plb. tax.

SLEEP - RESTLESS - position is right; no caust. trios.

SLEEP - SLEEPLESSNESS - position is right, no kali-c. lach. laur. lycpr. nat-c. plat. ran-b. staph.

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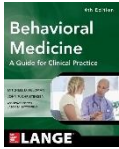
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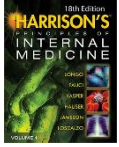
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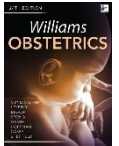
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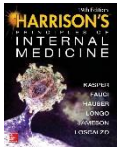
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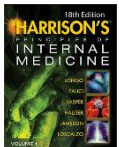
Chapter 6. Women's Health > Sleep Disorders Harrison's Online



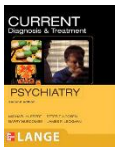
Maternal Physiology > Sleep Williams Obstetrics, 24e



Women's Health > SLEEP DISORDERS Harrison's Principles of Internal Medicine



Chapter e51. Altitude Illness > Sleep Impairment Harrison's Online



Chapter 27. Sleep Disorders > Sleep & Circadian rhythms CURRENT Diagnosis & Treatment: Psychiatry, 2e



Sleep position gives personality clue". BBC News. 16 September 2003.