



Acute and emergent events in sleep disorders [

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Monografía

America is a 24/7 lifestyle. This makes sleep--especially disruptions in sleep--a pressing concern for many Americans. According to the National Sleep Foundation (NSF), approximately 40 million Americans suffer from chronic sleep disorders, and an estimated 20-30 million others experience sleep-related problems. Chronic sleep disorders may also lead to psychiatric disorders such as depression and schizophrenia. Moreover, neurological disorders such as seizures, strokes, Parkinson's, etc, and medical disorders such as asthma or arrhythmia, also affect the quality of sleep Americans receive. Acu

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