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## *Kryger Apos S Sleep Medicine*

And how much is enough? Meir Kryger is a professor at the Yale School of Medicine. He has treated more than 30,000 patients and wrote the book – or at least edited the most widely used textbook – on ...

## *Why You Should Sleep More*

a professor of medicine at Yale's School of Medicine and author of "The Principles and Practice of Sleep Medicine." Kryger says no couple should feel embarrassed about the practice: "For a lot ...

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*1 in 4 couples sleep in separate bedrooms. It affects the whole family.*

in Kryger, M.H., Roth, T., Dement, W.C. (Eds.). (2017). Principles and Practice of Sleep Medicine, 6th. Ed. St. Louis: Elsevier Saunders. Epstein, L.J. & Mardon, S. (2007). The Harvard Medical School ...

## *Psychology Today*

Meir Kryger, M.D., is a professor of medicine at the Yale School of Medicine, and author of *The Mystery of Sleep: Why a Good Night's Rest Is Vital to a Better, Healthier Life.*

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Meir Kryger, M.D.

a professor of medicine at Yale's School of Medicine and author of "The Principles and Practice of Sleep Medicine." Kryger says no couple should feel embarrassed of the practice. "For a lot of ...

*Keeping it Together: Just the idea of seeing my family has me smiling*

This problem is magnified during rapid eye movement (REM) sleep ... s dystrophy, mitochondrial encephalomyopathy, myasthenia gravis, stroke, epilepsy, Parkinsonism, and Alzheimer's disease (Kryger ...

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## *Obstructive Sleep Apnea in Neurological Patients*

A one-size-fits-all approach to athlete sleep recommendations (eg, 7-9 hours/night) is unlikely ideal for health and performance. We recommend an individualised approach that should consider the ...

## *Sleep and the athlete: narrative review and 2021 expert consensus recommendations*

Symptoms: High cholesterol, sleepiness during the day, and weight gain that's slow and relentless as the years go by may all be

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signs that you're not eating as well as you should be, Legato says.

## *5 Common Men's Health Problems and How to Fix Them*

As a sports medicine professional ... I am interested in a car coming from auction. It's still in transit, so I haven't gotten to see it yet. So far the dealership has been good to ...

*Used 2007 Pontiac Vibe for sale in Adrian, MI*  
On Sunday I got to spend Father's Day with my actual father for the first time in many

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years. For a long time I lived in the Washington, D.C. area, too far from my parents in the Philadelphia suburbs ...

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