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New Guideline - American Academy of Sleep Medicine

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List of Insomnia Medications (77 Compared) - Drugs.com  
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Take your sleeping pill when you can get a full night's sleep. Only take a sleeping pill when you know you can get a full night's sleep of at least seven to eight hours. A few short-acting sleeping pills are intended for middle of the night awakenings, so you may take them when you can stay in bed for at least four hours. Watch for side effects.

Prescription sleeping pills: What's right for you? - Mayo ...  
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sleep disorders from Apnea to Narcolepsy. The center was accredited by the American Academy of Sleep Medicine on May 1, 2007.

Sleep Specialist | Dallas, TX - Comprehensive Sleep Medicine  
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Sleep Apnea and Snoring : Sleep Disorders - Sleep Medicine

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Sleep Medicine Clinics - Journal - Elsevier

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