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Doctors consider sleep to be the barometer of ones health. If you get good sleep, you are a healthy person. If not, it points to an underlying health problem. It is important for everyone to have good and sound sleep. This is because sleep has a direct impact on ones emotional and physical well being.

Inadequate sleep strongly impacts ones energy and efficiency. One tends to become irritable and this in turn impairs both professional and personal relationship. Lack of sleep causes one to under perform at work. This is because one feels sleepy at work and is less responsive to urgent needs.

Todayâ€™s stressful lifestyle has robbed people of their sleep. What slowly begins with minimal sleep loss soon develops into insomnia. The crux of the problem lies in lack of awareness. Most afflicted people tend to ignore sleep disorders. Consequently they fall prey to diseases. It may also lead to accidents, as people tend to doze off while driving.

How to Detect Sleep Disorder?

Feeling sleepy during the day is a symptom of sleep disorder. If the feeling is frequent, you indeed suffer from a disorder. Those who donâ€™t feel fresh after a sleep also suffer from a sort of disorder. Many people get exhausted soon or have a fatigued feeling during the day. This may be associated to bad sleeps.

How to Rectify Sleep Disorder?

Learning to sleep better is easy, provided you detect your ailment soon. To start with you need to track your sleep patterns. Next, you need to make changes to your routine. Many people, for instance, have the habit of going to bed late and wake up early. If this pattern continues for too long, they do not get a wink of sleep till the anointed time. People who suffer from sleep disorders because of such indiscipline need to change their sleep patterns. Initially it may be difficult to fall line, but one has to try hard to discipline oneâ€™s sleep pattern. It may take months, but it isnâ€™t impossible. If self-help bears no fruit, you need to turn to medication. In extreme cases, you need to consult sleep specialists. These specialists are trained in sleep medicine. Specialists can help you find out the root causes of your sleep disorder and find ways to improve your sleep.

It is never too late to rectify your sleep problems. All you need is the desire to remain healthy.

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The Sleep Wellness Center of New York was established by a team of cardiologists, pediatricians, pulmonologists and internists to address the growing need for research, diagnosis and treatment of sleep disorders including Sleep Apnea, Restless Leg Syndrome, Insomnia, Narcolepsy, and Snoring. For more information visit http://sleepwellbewell.com/

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