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[Neuroscience for Kids - Sleep](#)

Stages of Sleep Sleep follows a regular cycle each night. The EEG pattern changes in a predictable way several times during a single period of sleep.

[BBC - Science & Nature - Human Body and Mind - Sleep](#)

Improve your sleep and improve your life with this comprehensive guide and tool kit, developed in collaboration with the UK's leading sleep scientists. [Sleep | Brain Rules](#)

Brain Rules by John J. Medina is a multimedia project explaining how the brain works. It includes a book, a feature-length documentary film, and a series of interactive tutorials.

[Consequences of Insufficient Sleep | Healthy Sleep](#)

[Sleep and Disease Risk](#). The price of insufficient sleep may be poor health. Study after study has revealed that people who sleep poorly are at greater risk for a number of diseases and health problems.

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[Home - Better Sleep Council | Start every day with a good ...](#)

The Better Sleep Council's mission is simple: Help people understand how a quality mattress aids in better sleep. Visit our website to learn more.

[Fevered Sleep | Fevered Sleep](#)

Fevered Sleep makes performances, installations, films, books, and digital art, for adults and for children.

[My Zeo My Zeo](#)

Few things feel better during a cold winter than a nice, hot shower. Few things can spoil a morning like jumping into a shower only to find the water is still ice cold.

[Sleep and Breathing Conference 2019](#)

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[Sleep Inn & Suites of Columbus](#)

Sleep Inn & Suites of Columbus, Nebraska is the place you will want for your overnight or extended stay, whether you are traveling for business or pleasure.

[SleepWorks | Sleep Center | Sleep Specialist](#)

SleepWorks' network of sleep centers and sleep specialists provides you with excellent sleep care from the leaders in Sleep Medicine.

[PureSleep](#)

why you snore. The soft tissue at the back of the throat relaxes during sleep partially blocking the airway. Air passing through causes vibration and the unmistakable

sound of snoring.

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For more than 100 years, we've been supporting innovation and growth across the sleep products industry. We're committed to serving members through public policy, research, public affairs, education initiatives and more in order to create a more valuable future.

[Sleep Like The Dead : Independent and Unbiased Sleep ...](#)

Sleep Like The Dead reviews and rates hundreds of sleep-related products based on 391394 actual consumer experiences.

[Night Terrors Resource Center](#)

Fast Facts about Night Terrors. Run in families. Are not dangerous.* Can last 10-20 minutes. Occur in stage 4 of the sleep cycle. Can happen at any age 1 hour - 100 years old.

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[Hollander](#)

Hollander continues to focus on providing customers with the best possible knowledge and advice on sleep products. [Night, Night! Dr. Hull's Common Sense Sleep Solutions](#)
[Night, Night! Dr. Hull's Common Sense Sleep Solutions](#)
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[Provent Therapy](#)

Provent Sleep Apnea Therapy is an effective, prescription treatment for Obstructive Sleep Apnea (OSA). This discreet, disposable device is applied to the nostrils nightly and requires no mask or machine.