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what are the best positions for sleeping sleep foundation Oct 26 2022 web mar 18 2022 the back sleeping position is not recommended for pregnant women people who snore or have sleep apnea people with some types of back pain people with gerd or acid reflux heavier adults older adults back sleeping is the worst sleeping position for people with snoring and sleep apnea because it leaves you susceptible to

22 facts about sleep that will surprise you cleveland clinic Jul 23 2022 web mar 1 2021 if it takes you less than five minutes to fall asleep at night you re probably sleep deprived ideally falling asleep should take 10 to 15 minutes sea otters hold hands when they sleep so they don t drift away from each other tiredness peaks twice a day around 2 a m and 2 p m for most people that s why you re less alert after lunch

sleeping definition of sleeping by the free dictionary Sep 25 2022 web b a period of this form of rest c a state of inactivity resembling or suggesting sleep unconsciousness dormancy hibernation or death d a state in which a computer shuts off or reduces power to its peripherals such as the display or memory in order to save energy during periods of inactivity 2

sleeping definition meaning dictionary com Aug 24 2022 web adjective asleep of relating to or having accommodations for sleeping a sleeping compartment used to sleep in or on a sleeping jacket used to induce or aid sleep or

sleep wikipedia May 21 2022 web sleep is a sedentary state of mind and body it is characterized by altered consciousness relatively inhibited sensory activity reduced muscle activity and reduced interactions with surroundings 1

excessive sleepiness daytime causes age and depression Mar 19 2022 web jul 13 2021 excessive sleepiness is the feeling of being especially tired or drowsy during the day unlike fatigue which is more about low energy excessive sleepiness can make you feel so tired that it

causes and effects of oversleeping sleep foundation Jun 22 2022 web mar 15

2022 this sleep disorder is characterized by difficulty waking excessive sleepiness and the inability to feel rested after sleeping at night or napping during the day with this disorder you may sleep as much as 14 to 18 hours a day for treatment doctors often prescribe medications similar to what is prescribed for narcolepsy

oversleeping bad for your health johns hopkins medicine Apr 20 2022 web sleep needs can vary from person to person but in general experts recommend that healthy adults get an average of 7 to 9 hours per night of shuteye if you regularly need more than 8 or 9 hours of sleep per night to feel rested it might be a sign of an underlying problem polotsky says what s making you so tired

sleep psychology today Nov 27 2022 web sleep is the balm that soothes and restores after a long day sleep is largely driven by the body s internal clock which takes cues from external elements such as sunlight and temperature the

72 synonyms antonyms of sleeping merriam webster Dec 28 2022 web sleeping 3 of 3 verb present participle of sleep 1 as in napping to be in a state of sleep the baby slept for the entire length of the car trip found the night watchman sleeping at his post synonyms similar words resting napping dozing snoozing slumbering dreaming catnapping dropping off oversleeping hibernating sleeping in nodding off