



Sleep Disorders in Assisted Living

- **Bad Sleep Raises Risk of Stroke**
www.seniorresource.healthology.com/focus_article.asp?b=seniorresource&f=sleep_disorders&c=sleep_apnea-stroke&spg=FI
- **Can Sleep Affect Your Weight: Webcast Transcript**
www.seniorresource.healthology.com/webcast_transcript.asp?b=seniorresource&f=sleep_disorders&c=sleep_weight&spg=FIF
- **Chronic Insomnia: A Practical Review**
www.aafp.org/afp/991001ap/1431.html
- **Clinical Practice Guideline: Sleep Disorders in the Long-Term Care Setting**
www.amda.com/info/cpg/sleep.htm
- **Insomnia in the Elderly: Care Guide Information**
www.drugs.com/CG/INSOMNIA_IN_THE_ELDERLY.html
- **Insomnia in Late Life**
www.psychiatryonline.org/cgi/content/full/52/12/1573
- **Narcolepsy Q&A**
www.provigil.com/patient/disorders/narcolepsy.aspx
- **National Center on Sleep Disorders Research**
<http://rover.nhlbi.nih.gov/about/ncsdr/>
- **National Sleep Foundation**
www.sleepfoundation.org/sleeplibrary/index.php?id=64
- **Obstructive Sleep Apnea Q&A**
www.provigil.com/patient/disorders/apnea.aspx
- **Older Adults and Insomnia Resource Guide**
www.apa.org/pi/aging/insomnia.html
- **Restless Leg Syndrome Resources and Information**
www.restlesslegs.com
- **Seniors and Sleeplessness**
www.seniormag.com/conditions/sleep/index.htm
- **Seniors Sleep Disorders**
www.seniorhealth.about.com/od/diseaseasyouage/a/sleep_dis.htm
- **Seven Ways to Sleep Better**
www.ambienr.com/default.aspx?s=sleeping&c=tips&PromoCode=ASPL00905
- **Sleep 101 (Patient Information)**
www.lunesta.com/sleep101/sleep-101.html
- **Sleep Assessor, Sleep Solutions, and Other Information**
www.shuteye.com
- **Sleep Disorder, Geriatric**
www.emedicine.com/med/topic3179.htm
- **Sleep Disorders and Aging**
www.emedicinehealth.com/articles/49894-1.asp
- **Sleep Problems in the Elderly**
www.aafp.org/afp/990501ap/2551.html
- **Sleep Disorders in LTC**
www.amda.com/caring/january2003/sleepdisorders.htm
- **Sleep Resources: Techniques for a Restful Night**
www.ambienr.com/default.aspx?s=resources
- **Tips for Getting a Good Night's Sleep**
www.thedacare.org/thedacareweb/Templates/Basic/Default.aspx?ContentId=734b6e40-bd64-403c-bad3-3b70ed8d6cf2
- **When Worries Surface at Night: Sleep and Anxiety (Webcast Transcript)**
www.seniorresource.healthology.com/webcast_transcript.asp?b=seniorresource&f=sleep_disorders&c=sleep_anxiety&spg=FIF
- **Your Doctor and Restless Leg Syndrome**
www.seniorresource.healthology.com/focus_article.asp?b=seniorresource&f=sleep_disorders&c=sleep_rlsdoctor&spg=FI

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