

What May Be Sabotaging Your Sleep

If you've assessed your sleep environment and your everyday routine to make sure you're not sabotaging sleep and you still feel tired after getting 7-8 hours of rest, you should see your doctor. You may have a medical condition that is interfering with your body getting a good night's sleep.

Some general symptoms of a sleep disorder include:

- Excessive sleepiness during the day
- Trouble falling asleep or staying asleep
- Snoring or episodes of stopped breathing during sleep
- Urge to move your legs at rest or an uncomfortable feeling in the legs at night
Insomnia.

In general, there are several basic types of sleeping disorders. Here are a few:

- **Insomnia**
- **Sleep apnea**
- **Restless leg syndrome**
- **Narcolepsy**
- **Sleepwalking**