

Problems or disturbances with usual or normal sleep patterns.

Apps

SnoreLab

SnoreLab helps record and track snoring and discover solutions. Includes information on snoring remedy options and factors that influence snoring.

Source

[SnoreLab](#)

Apps

Headspace: Meditation & Sleep

Headspace provides a simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.

Source

[Headspace: Meditation & Sleep](#)

Apps

Calm

Calm offers guided meditations, breathing programs, and relaxing music for meditation and sleep.

Source

[Calm](#)

Links

Sleep Foundation

Source

[Sleep Foundation](#)

Article

Age in Action: Sleep Disorders and Cardiac Consequences

Learn more about the relationship between sleep disorders and hypertension in this Age in Action newsletter.

Source

[Virginia Center on Aging](#)

Article

Alzheimer's: Managing Sleep Problems

This article has information on sleep disorders common to individuals with Alzheimer's and tips to help you cope.

Source

[Mayo Clinic](#)

Article

Are You Dreaming of a Good Night's Sleep?

Tips to help you sleep better from Carilion Clinic.

Source

[Carilion Clinic](#)

Article

Facts About Insomnia

This fact sheet summarizes effects and treatments of insomnia.

Source

[National Heart, Lung and Blood Institute](#)

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