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Come Back To Your Senses Radio
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February 21st 2013: Help, I Can't Sleep

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Insomnia derived from Latin means “no sleep”; it is the most common sleep complaint among North Americans. Symptoms can be acute; lasting one to several nights, or chronic, lasting months or years. More often people experience chronic intermittent insomnia. There are a wide range of symptoms listed under insomnia which include: trouble falling asleep, trouble staying asleep, waking up early and not being able to get back to sleep, not feeling rested or refreshed despite getting enough sleep, feeling tired and sleepy during the day, feeling irritable or anxious, headaches, and difficulty focus

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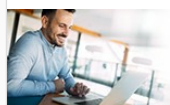
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