

## Additional Resources for Help with Sleeping Problems

### Information about Insomnia

- [Ask the Expert: Insomnia](#)
- [Ask the Expert: Menopause and Insomnia](#)
- [Ask the Sleep Expert: Sleep Hygiene, Insomnia, and Mental Health](#)
- [Ask the Sleep Expert: Stress and Insomnia](#)
- [Can't Sleep? Learn about Insomnia](#)
- [Insomnia](#)
- [Insomnia Facts](#)
- [Insomnia: Why Can't I Stay Asleep?](#)
- [Sleeping Smart](#)

### Information about Snoring and Sleep Apnea

- [Breathing Disorders in Sleep](#)
- [Sleep Apnea](#)
- [Snoring](#)
- [Snoring in Children](#)
- [Snoring...No Laughing Matter](#)

### Information about Narcolepsy and Cataplexy

- [Ask the Sleep Expert: Narcolepsy and Cataplexy](#)
- [Narcolepsy](#)

### Information about Movement Disorders and Parasomnias

- [Movement Disorders and Parasomnias](#)
- [Restless Leg Syndrome](#)

### Information about Sleep Phase Syndromes

- [Disturbances of Sleep Timing](#)

### Information about Underlying Medical Conditions

- [Medical Conditions and Sleep Problems](#)

