

## Is Time For You To Visit The Sleep Doctor?

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Sleepiness is grossly underrated as a problem by most people, but the cost to society is enormous. Sleep plays an important role in renewing the physical and mental health yet a big majority of people find it difficult to get a good and uninterrupted night's sleep.



These sleep disturbances are often the case for sleep disorders, with sleep apnea (stopping breathing while sleeping) the most common problem, and sleeplessness can have negative effects on reaction time and decision making. A bad night's sleep can keep you struggling throughout the day and thus best avoided.

If you are suffering from chronic insomnia or want to improve the quality of your sleep, it is important for you to visit a sleep doctor and ask for his advice and recommendations. By doing this, you can reap the innumerable advantages of a good sleep. It will not only make you feel better, but it will also improve your mood and banish under-eye circles. This will also ensure that the increase in stress hormones (caused by lack of quality sleep) is reduced dramatically so that the level of inflammation in

the body is reduced along with a reduced risk of heart-related conditions, as well as cancer and diabetes.

Moreover, adequate sleep is greatly associated with a healthy lifestyle and can benefit your mind, body, and the heart in limitless ways. In addition to this, a good night's sleep does wonders for strengthening memories or "practice" skills learned while you were awake (a process called consolidation). In addition to the consolidation of memories or making them stronger, a good sleep makes it easy for the brain to reorganize and restructure these memories that may result in more creativity as well.

To access these and many more benefits of uninterrupted sleep, you can just visit the internet for some of the most reputed sleep doctors or make a search for Dr. Robert Rosenberg, a leading and highly respected sleep doctor.