***Sleep Information***

Centers for Disease Control and Prevention: <http://www.cdc.gov/sleep/>

National Heart, Lung, and Blood Institute: <http://www.nhlbi.nih.gov/health/public/sleep/>

National Institutes of Health: <http://www.sleepapnea.org/>

Sleep Care: <http://sleepcare.com/>

Sleep Education: <http://www.sleepeducation.com/>

***Sleep Medicine Associations***

American Academy of Sleep Medicine: <http://www.aasmnet.org/>

American Sleep Apnea Association: <http://www.sleepapnea.org/>

American Sleep Association: <http://www.sleepassociation.org/>

National Sleep Foundation: <http://www.sleepfoundation.org/>

***Fact Sheets:***

Insomnia: <http://www.nhlbi.nih.gov/health/health-topics/topics/inso/>

Narcolepsy: <http://www.ninds.nih.gov/disorders/narcolepsy/narcolepsy.htm>

Restless Legs Syndrome: <http://www.ninds.nih.gov/disorders/restless_legs/detail_restless_legs.htm>

Shift Work Disorder: <http://www.sleepassociation.org/index.php?p=shiftworkdisorder>

Sleep Apnea: <http://www.ninds.nih.gov/disorders/sleep_apnea/sleep_apnea.htm>

Understanding Sleep: <http://www.ninds.nih.gov/education/brochures/Brain-Basics-Sleep-6-10-08-pdf-508.pdf>