



Sleep and Health

The New York Times

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Though sleep takes up a third of our lives, it is still one of nature's great mysteries. In recent years, it has become a burgeoning area of science, and researchers are just beginning to understand the profound connection between sleep (or usually the lack of it) and our overall health and well-being. This e-single features a selection of articles from the archives of The New York Times about sleep and health, including how much sleep we need; the effects of sleep aids; the link between sleep apnea and dementia as well as cancer; sleep and the brain; the effects of exercise and sleep; and sleep deprivation and links to heart problems, weight gain, diabetes and pain tolerance.



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