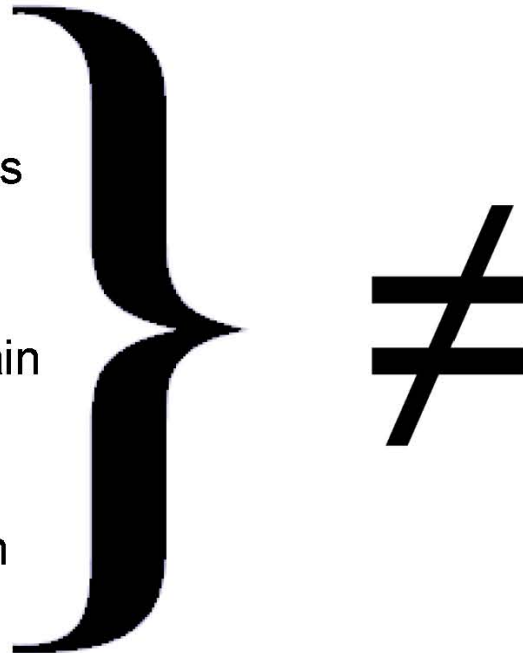


Risk Factors for Sleep Disorders

- Poor sleep environment, e.g., too hot, cold, noisy
- Unhealthy sleep routine, including daytime naps
- Traveling between time zones, especially flying eastward
- Sleep Disorders can also be caused by any or all of the following:

- Caffeine
- Alcohol
- Medications
- Nicotine
- Illness
- Chronic Pain
- Stress
- Anxiety
- Depression
- Obesity



<http://www.impactlab.com/wp-content/uploads/2008/08/sleeping.jpg>