HealthDay News: Sleep

Treatment Helped Soldiers With Migraine, Insomnia: Study

WEDNESDAY, June 23 (HealthDay News) -- Treatment helped improve sleep quality for U.S. soldiers who suffered from migraine headaches after returning from the war in Iraq, a new study found.

Air Pollution Tied to Breathing Problems in Sleep

WEDNESDAY, June 16 (HealthDay News) -- A new study has found a link between air pollution and breathing-related disruptions during sleep.

Study Probes Causes of Anger in Returning U.S. Soldiers

TUESDAY, June 15 (HealthDay News) -- Sleep problems, irritability, concentration problems, jumpiness and feeling constantly "on guard" are among the hyperarousal symptoms of post-traumatic stress disorder (PTSD) associated with anger and hostility in U.S. soldiers returning from Iraq and Afghanistan, researchers say.

Morning Larks Outperform Night Owls on the Pitcher's Mound

WEDNESDAY, June 9 (HealthDay News) -- If you're a baseball coach, you might want to find out whether your pitchers consider themselves to be morning larks or night owls, because a new study suggests that their sleep preferences may affect their performance.

Early School Start Times Raise Risk of Teen Car Crashes

WEDNESDAY, June 9 (HealthDay News) -- Starting the school day earlier may lead to more car accidents involving teenagers, new research suggests.

Soldiers Plagued by Sleeplessness Back Home

TUESDAY, June 8 (HealthDay News) -- After returning from wartime assignments, 86 percent of U.S. soldiers surveyed said they suffered from sleep problems, a small study has found.

Many Americans Sleep-Deprived: Study

TUESDAY, June 8 (HealthDay News) -- Almost one in five adults in the United States suffers moderate to excessive daytime sleepiness, a new study finds.

Consistent Bedtime May Give Kids Developmental Boost

MONDAY, June 7 (HealthDay News) -- Sticking to a regular bedtime and getting enough sleep may help young children score higher on tests of development, a new study suggests.

'Sleep Sex' Might Be Nightmare for Some

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MONDAY, June 7 (HealthDay News) -- Sexsomnia -- having sex while asleep -- is a common complaint of patients seeking treatment for sleep disorders, new research shows.

Eliminating Wheat, Milk From Diet Doesn't Help Autistic Kids

WEDNESDAY, May 19 (HealthDay News) -- A new study appears to scuttle the idea that specific changes in diet can help improve the symptoms of children with autism.

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