

Bibliography on Sleep

Websites

National Library of Medicine, MedlinePlus – Sleep Disorders

<https://medlineplus.gov/sleepdisorders.html>

National Library of Medicine, MedlinePlus – Healthy Sleep

<https://medlineplus.gov/healthysleep.html>

National Library of Medicine, MedlinePlus – Sleep Apnea

<https://medlineplus.gov/sleepapnea.html>

National Library of Medicine, MedlinePlus – Insomnia

<https://medlineplus.gov/insomnia.html>

WebMD - Sleep Habits Assessment

<https://www.webmd.com/sleep-disorders/sleep-habits-assessment>

Material at the Frymoyer Center

Foldvary-Schaefer N. *The Cleveland Clinic Guide to Sleep Disorders*. New York: Kaplan Pub.; 2009.

Davidson JR. *Sink into Sleep: a Step-by-Step Guide for Reversing Insomnia*. New York: Demos Medical Publishing, LLC; 2013..

Apps

Sleep Help – Best Sleep Apps of 2019

<https://www.sleephelp.org/best-sleep-apps/>

For assistance finding health information contact the Frymoyer Community Health Resource Center at The University of Vermont Medical Center.

Frymoyer Community Health Resource Center
3rd Level Main Pavilion, University of Vermont Medical Center Campus
802-847-8821 or ResourceCenter@UVMHealth.org
UVMHealth.org/MedCenterCHRC

