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


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