## Conditions Caused by Poor Sleep



Disturbed Sleep & waking up too early



Daytime fatigue, low energy or constant sleepiness



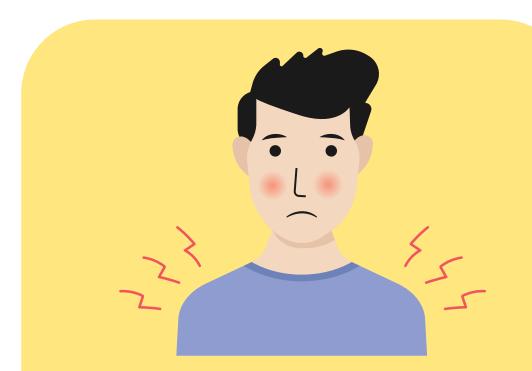
Loud snoring or gasping for air while sleeping



Irritability, mood swings or anxiety



Trouble focusing, memory lapses or lack of alertness



Headaches or body aches in the morning



