



# Sleep Drugs (Hardback)

By Mali R. Schantz Feld

Facts on File Inc, United States, 2011. Hardback. Condition: New. Language: English . Brand New Book. Insomnia, narcolepsy, sleep apnea, snoring, restless legs syndrome, and periodic limb movements all interrupt the flow of a restful sleep, causing drowsiness, confusion, and memory problems during waking hours. To counteract these physical conditions, researchers have experimented with different forms of sleep medications. Modern prescription drugs such as central nervous system depressants, opioids, and sedative hypnotics, as well as over-the-counter drugs, treat specific types of sleeping disorders. When taken responsibly, these medications control the physical and mental issues that discourage sleep. But they also have great potential for abuse. Sleep Drugs explains how these medications affect the body, the benefits of using them properly, and the risks of abusing them.



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