

Visit these sites from some of the most reputable and reliable sources online for patient education resources. Access information on treatment, lifestyle changes, and diagnoses; read the latest news; and view relevant videos from the experts.

## Sleep Disorders

This website is broken down into categories of sleep disorders, where patients can access a general overview, covering the stages of sleep, as well as the types and causes, diagnosis, and treatment. Additionally, this site contains information about natural medicine for a variety of sleeping disorders, and visitors can also submit and view others' stories about their battles with sleeping disorders.

[www.neurologychannel.com/sleepdisorders](http://www.neurologychannel.com/sleepdisorders)

## Brain Basics: Understanding Sleep

This website, created by the National Institute of Neurological Disorders and Stroke, provides visitors with a slew of information on sleep, posing questions like "How much sleep do we need?" and "What does sleep do for us?" Although a bit text-heavy, this site does a nice job of explaining dreaming, REM sleep, circadian rhythms, sleep-related diseases and disorders (such as insomnia, sleep apnea, restless legs syndrome, and narcolepsy), and also offers tips for a good night's sleep.

[www.ninds.nih.gov/disorders/brain\\_basics/understanding\\_sleep.htm](http://www.ninds.nih.gov/disorders/brain_basics/understanding_sleep.htm)

## TalkAboutSleep.com

Anyone suffering from insomnia, sleep apnea, narcolepsy, or fibromyalgia will appreciate what this website has to offer. Coverage of each condition includes links to its own "homepage," where visitors can find general information, the latest news, and "corner articles," written on topics important to those suffering from the respective condition and mainly targeting treatments and studies pertinent to the disorder. The site also offers message boards, chats, and a "Sleep Self Assessment Quiz," a tool "designed to both quickly and easily determine if a sleep disorder could possibly be present or be a factor" in the overall health and well being of the test taker.

[www.talkaboutslepp.com](http://www.talkaboutslepp.com)

## SleepEducation.com

This website contains information on more than 60 primary and secondary sleeping disorders, and each condition has a link to a profile with answers to questions like "What is it?" "Who gets it?" "How do I know if I have it?" "Do I need to see a sleep specialist?" "What will the doctor need to know?" and "How is it treated?" Some profiles also contain links to more information on the web and tips for parents whose children are suffering from a sleeping disorder.

[www.sleepeducation.com/Disorders.aspx](http://www.sleepeducation.com/Disorders.aspx)

## Sleep Disorders Interactive Conversation

Patients who are suffering from a lack of rest due to a sleep disorder will appreciate this unique website. The site offers an interactive conversation, which presents a variety of questions to the patient in a multiple choice answer format. At the end of the conversation, which runs anywhere from five to 20 minutes long, an assessment is made based on the way questions were answered, and users can also opt to receive a booklet of sleep disorder information sent via e-mail.

[www.rush.edu/rumc/page-1119821272844.html](http://www.rush.edu/rumc/page-1119821272844.html)

