



# 21 Ways to De-Stress with Quality Sleep (Stress Management)

*Jeff Davidson*

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"To sleep, perchance to dream." You're not getting enough sleep and it's contributing to the accumulating stress you feel in other areas of your life. You may be among the 70 million other adults in America alone who do not consistently get a full night's sleep, often due to stress related issues.

Doctors offices are flooded with people who are in search of answers as to why they simply feel exhausted. By some estimates fatigue is now one of the top five reasons that people make doctors appointments. Doctors, nurses, and others in the medical community themselves used to be among the most likely to experience fatigue.

Now, the exhaustion has spread to all parts of society. Many patients are labeled with chronic fatigue syndrome, a situation about which little is known. Doctors aren't sure what causes it, or what cures it. They do know that its effects can be debilitating. Symptoms are wide range, including fevers or colds, sore throats, headaches, back pain, and lack of focus.

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