Insomnia Market

Insomnia Marketaa

Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause to wake up too early and not be able to get back to sleep. The common causes of insomnia include, stress, irregular sleep schedules, poor sleeping habits, mental health disorders, such as anxiety and depression, physical illnesses and pain, medications, neurological problems, and specific sleep disorders

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