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**Sleeping Where I  
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having been there  
myself which I've never  
gotten from any other  
work on the era in  
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Thank you for writing  
this memoir, Peter. I do  
sincerely appreciate it.

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personal account of his search for truth, understanding and wisdom. Though he rode with the Hell's Angels and lived a life of dangerous drugs, you will come away still sensing an innocence about Coyote, a man who ...

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**Fall - Book Passage**

The fastest way to

sleep? Spending more

time trying to fall

asleep rather than

actually sleeping?

You're not alone. Just

the act of trying too

hard can cause (or

continue) a cycle of

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## **How to Fall Asleep Fast in 10, 60, or 120 Seconds**

Snoring and Sleep Apnea. When you fall asleep, many muscles in your body relax. If muscles in the throat relax too much, your breathing may be blocked and you may snore.

## **Sleep Disorders & Problems: 10 Types**

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Where I Fall Asleep

**and Causes of Each**

**Sleep.** We all know how important it is, but, sadly, it can be seriously elusive for some. You may find it hard to fall asleep all together, or you may find that you drift off easily but don't stay ...

**What Does It Mean If You Fall Asleep Quickly & Wake Up**

...

Here are some more examples of to go to

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#### Where I Fall A

sleep and to fall asleep.: I went to sleep after midnight last night, I was very tired this morning.; He goes to sleep at 10 PM every night and wakes up at 7 AM every morning. "Did you go to sleep late last night?" asked his mother.; I always fall asleep while watching the television.; When he does a late shift at work, it takes him a long time to...

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## **Fell Asleep or Fall Asleep or Fell To Sleep ...**

Sleep apnea: Your breathing often stops and starts while you sleep. Automatic behavior: You fall asleep during a regular activity like driving, walking, or talking.

## **Narcolepsy: Definition, Symptoms, Causes, Diagnosis,**

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#### **Treatment**

Since Spring of 2013, one in 10 of the 600 villagers of Kalachi are falling asleep in broad daylight and no one seems to know why. They've called it a sleep epidemic with symptoms including ...

#### **Kalachi, Kazakhstan: The town where people fall asleep for ...**

A hypnic jerk,  
hypnagogic jerk, sleep

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start, sleep twitch, myoclonic jerk, or night start is a brief and sudden involuntary contraction of the muscles of the body which occurs when a person is beginning to fall asleep, often causing the person to jump and awaken suddenly for a moment. Hypnic jerks are one form of involuntary muscle twitches called myoclonus.

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## **Hypnic Jerk - Wikipedia**

Sleep paralysis is a temporary inability to move that occurs right after falling asleep or waking up. Individuals remain aware during episodes, which frequently involve troubling hallucinations and a sensation of suffocation.

## **What You Should Know About Sleep**



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**Paralysis - Sleep**

**Foundation**

Falling asleep in front of the TV is actually pretty common, but there's not a lot of research on using it as a sleep aid According to a National Sleep Foundation poll, 60% of Americans watch TV ...

**What Falling Asleep With the TV On Is Really Doing to Your**

...

Falling asleep within

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five to 15 minutes seems ideal. But, if you are out as soon as your head hits the pillow, you may need to take another look at how well and how much you are sleeping. If you fall asleep too quickly, it may be time to visit a sleep specialist to get a better night of rest.

## **Is Falling Asleep Too Fast a Sign of a Sleep Disorder?**

Or you could be getting

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chronicle  
good quality of sleep, but you're not able to fall asleep on time, which then affects your overall amount of sleep. Occasional issues don't qualify as sleep disorders."

## **9 Signs You Have A Sleep Disorder, Based On Your Bedtime ...**

Sleeping in a recliner is generally safe. If you find it comfortable, you can sleep in a recliner

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with little risk. People with sleep apnea, GERD, or back pain may find they get a better night's ...

### **Does Sleeping in a Recliner Chair Have Any Benefits or ...**

Drowsy driving is a major safety hazard in the U.S. In 2017 alone, the National High Traffic Safety Administration (NHTSA) estimates roughly 91,000 vehicle

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accidents - and nearly 800 fatalities - were attributed to crashes involving drowsy driving. For many drivers who cause these accidents, lack of sleep is a major factor. While getting enough rest each night could potentially prevent ...

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