

Why Your Doctor Should Be Talking To You About Sleep

https://www.huffpost.com/entry/why-your-doctor-should-be-talking-to-you-about-sleep_n_574867fae4b055bb1171f334?guccounter=1

Here's a vital question your physician should be asking you: How are your sleep levels? Why? "Sleep literally affects every reason why you might be going to the doctor," says clinical psychologist and sleep expert Michael Breus. In the video above, Breus explains how sleep affects health and how focusing on rest can assist doctors "in their overall diagnosis and the wellness of their patient."