

What to do if you've been diagnosed with a sleeping disorder



It is known that sleep disorders are not easily detected, as it only occurs whilst asleep.

With the Home Sleep Study that has been made available through Health Renewal, this problem is now solved. A treatment plan is worked out based on the severity of the sleep disorder, and may be resolved with options such as supplements, but may in some instances require a continuous positive airway pressure (CPAP) device or a mouthpiece.

Read full article here:

<http://bit.ly/GetItJoburg>