

<http://careguides.med.umich.edu/sleep>

PATIENT EDUCATION FROM MICHIGAN MEDICINE EXPERTS



[LEARN MORE >>](#)

Visit page to learn about:

- Tips for Healthy Sleep
- Sleep Disorders
- Sleep Studies
- Sleep Apnea
- Devices
- Videos

and much more

Handouts, booklets, websites,
apps and videos

created or approved

by Michigan Medicine Experts

Information You Can Trust!

