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Sleep is necessary for optimal health and sleep concerns often contribute certain medical conditions. The right sleep disorder treatment depends on the potential cause, and the different states and stages of sleep that impact sleep quality. The Journal of Sleep Disorders : Treatment & Care (JSDTC) promotes rigorous research that makes a significant contribution in advancing knowledge for Sleep behavior disorders and, as well as treatment strategies, Latest therapies, diagnostic tools, and treatment innovations to care for those who suffer from a wide range of sleep disorders

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