

Problems Sleeping After Surgery

Most people have problems getting a good night's sleep after surgery. The bigger the surgery, the longer it takes to recover a good sleeping schedule. For most people it will take several weeks or several months before they are back to sleeping as they used to. See the articles and dialogue below:

1. [I am having trouble sleeping after bypass surgery](#) (many testimonies here)
2. [Problems Sleeping After Heart Valve Surgery?](#)
3. [What to Do If You Have Trouble Sleeping After Surgery](#)
4. [Sleep After Heart Surgery](#)
5. [96 Abstracts with Sleep Disorders Research](#)
6. [Can You Really Be Allergic to Wifi and Cell Phones?](#)
7. [Nature's Alternative To Anxiety and Sleep Drugs Is A Flower](#)
8. [FDA Adds Black Boxed Warning to Insomnia Drugs](#)
9. [Dr. Josh Axe has many articles here on sleep](#)