

## Sleep References

- American Academy of Sleep Medicine. (2020). Healthy Sleep Habits. <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>
- Baban, K. A., & Morton, D. P. (2022). Lifestyle Medicine and Stress Management. *The Journal of family practice*, 71(Suppl 1 Lifestyle), S24–S29. <https://doi.org/10.12788/jfp.0285>
- Dedhia, P., & Maurer, R. (2022). Sleep and Health-A Lifestyle Medicine Approach. *The Journal of Family Practice*, 71(1 Suppl Lifestyle), S30–S34. <https://doi.org/10.12788/jfp.0295>
- Hijmans, J. G., Levy, M., Garcia, V., Lincenberg, G. M., Diehl, K. J., Greiner, J. J., Stauffer, B. L., & DeSouza, C. A. (2019). Insufficient sleep is associated with a pro-atherogenic circulation microRNA signature. *Experimental Physiology*. 2019;104:975-982. <https://doi.org/10.1113/EPO87469>
- Lunsford-Avery, J. R., Engelhard, M. M., Navar, A. M., & Kollins, S. H. (2018). Validation of the Sleep Regularity Index in Older Adults and Associations with Cardiometabolic Risk. *Scientific Reports* 8, 14158. <https://doi.org/10.1038/s41598-018-32402-5>
- McCall, W. V., Benca, R. M., Rumble, M. E., Case, D., Rosenquist, P. B., & Krystal, A. D. (2019). Prevalence of obstructive sleep apnea in suicidal patients with major depressive disorder. *Journal of psychiatric research*, 116, 147–150. <https://doi.org/10.1016/j.jpsychires.2019.06.015>
- The National Center for Integrative Primary Healthcare. (2017, July). *What is insomnia*. <https://www.nciph.org/content/insomnia.html>
- Nelson, K. L., Davis, J. E., & Corbett, C. F. (2022). Sleep quality: An evolutionary concept analysis. *Nursing forum*, 57(1), 144–151. <https://doi.org/10.1111/nuf.12659>
- Reddy, K. R. (2022). Cardiovascular Disease and Lifestyle Medicine. *The Journal of Family Practice*, 71(1 Suppl Lifestyle), S48–S55. <https://doi.org/10.12788/jfp.0251>
- Rindfleisch, J. A. (2020). *Passport to Whole Health*. [https://www.va.gov/WHOLEHEALTHLIBRARY/docs/Passport to WholeHealth\\_FY2020\\_508.pdf](https://www.va.gov/WHOLEHEALTHLIBRARY/docs/Passport_to_WholeHealth_FY2020_508.pdf)