

WHY DO I KEEP WAKING UP AT 4 AM?



Sleep cycle
disturbances



Sleep disorders
like insomnia



Certain
medications



Chronic
stress



Late caffeine
consumption



Nocturnal
urination

Sleeping And Waking

Samuel Austin Allibone

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web jan 6 2023 in this video we re reading pd eastman s are you my mother it s a fun interactive story for kids let s see how many questions we can answer together are