

## عنوان مقاله:

Sleep Disorders and their Consequences on the Military Personnel: A Narrative Review

## محل انتشار:

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## خلاصه مقاله:

Sleep is an integral part of the human life, and its disorders, depending on cognitive or emotional behaviors, cause a series of changes in the physical and mental activity of human beings. Therefore, as quality of sleep decreases, quality of life, performance and work efficiency will decrease as well. Military societies are in dire need of high quality sleep because of their duty of securing and protecting countries. For many reasons, including stressful and dangerous martial situations, sleep disorders are seen in both active and retired military personnel. The aim of the present study .was to review the sleep disorders and their consequences on the military staff

## کلمات کلیدی:

Sleep disorders, Sleep Quality, Military Personnel

## لینک ثابت مقاله در پایگاه سیویلیکا:

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