

# PSEUDOINSOMNIA

Authored by  
**Mohammed looti**

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## RECOMMENDED CITATION

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A condition reported by a subject who thinks they are not sleeping properly, but who actually get a healthy amount of sleep. They may be suffering from a misperception of their total amount of sleep.

PSEUDOINSOMNIA: "Jose' reported suffering from insomnia, but got an average of 7 hours of sleep a night. He was suffering from pseudo insomnia."

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