You begin to notice a friend is becoming increasingly irritable and has developed noticeable signs of sleeplessness. You communicate your concern and your friend expresses to you that he is indeed having difficulty sleeping and when he does fall asleep he can’t seem to stay asleep. Although he brushes it off, you become worried and suspect that he may be suffering from some type of sleep disorder or maybe depression. You decide to research this topic in order to present some facts to your friend and encourage him to seek medical help.

1. If you were to research this topic right now, what specific steps would you take? Describe your steps specifically and fully so that someone could actually follow the steps you suggest.