



Sleep Apnea

The Phantom of the Night

Overcome sleep apnea syndrome and snoring
Win your hidden struggle to breathe,
sleep, and live.



T. Scott Johnson, M.D., William A. Broughton, M.D., Jerry Halberstadt

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Exercise Psychology, *Sleep Apnea, the Phantom of the Night* Thomas Scott Johnson, William Alexander Broughton, Jerry Halberstadt, 2003

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