



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

Sleep Apneathe Phantom Of The Night Overcome Sleep Apnea Syndrome And Win

Rachel Sandford



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Phantom of the Night T. Scott Johnson, Jerry Halberstadt, 1994-09-01 Sleep apnea syndrome is the phantom that disrupts the lives of millions of unsuspecting victims Their sleep is repeatedly disturbed by snoring by choking halts in breathing by gasping efforts to breathe Their struggle to breathe during sleep is a major cause of daytime sleepiness accidents poor health lost years of productivity happiness even death This handbook by a doctor a patient guides people with sleep apnea their families to take advantage of dramatically effective medical treatment They explain the meaning of snoring the mechanics of sleep apnea as well as how to recognize it obtain a diagnosis treat it overcome social physical or emotional obstacles to recovery This is a sleep apnea self help manual that even professionals could find useful Suzan E Jaffe Ph D A R N P Clinical Director Sleep Disorders Center In USA send 29 95 MA residents add sales tax per copy includes Priority Mail delivery to New Technology Publishing Inc PO Box 1737 Onset MA 02558 1737 508 291 1111 617 661 3851 or 1 800 45 APNEA 1 800 45 7632 Library distribution Unique Quality Trade Baker Taylor or direct by STOP order www.newtechpub.com sales newtechpub.com

Phantom of the Night T. Scott Johnson, Jerry Halberstadt, 1995 A guide for people with sleep apnea syndrome that outlines the latest technologies for diagnosis as well as the treatment options available and coping strategies

Forthcoming Books Rose Army, 2002-02 *The Sleep Solution* Nigel Ball, Nick Hough, 1998 For the 30 million Americans who suffer from insomnia this clear concise handbook of practical information offers help in the form of a 21 day program for restful sleep Illustrations **Sleep** Adrian White, Edzard Ernst, 1999 Practical ways to restore health using complementary medicine acupuncture homeopathy reflexology yoga massage relaxation therapy herbal remedies and aromatherapy

Respiratory Care, 1996 The Illustrated Encyclopedia of Well Being for Mind, Body, and Spirit Richard Craze, Mike Dixon, 1999 Combining both conventional and complementary therapies this unique self help guide is designed to help you attend to every aspect of your well being Topics covered include caring for the body disease prevention aging female concerns and much more Full color

Exercise Psychology, **Medical and Health Care Books and Serials in Print**, 1997 *Sleep Apnea, the Phantom of the Night* Thomas Scott Johnson, William Alexander Broughton, Jerry Halberstadt, 2003

The Video Source Book David J. WEINER, 1990 **Video Source Book**, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction A Patient's Guide to Obstructive Sleep Apnea Syndrome Arnav Shetty, Peter M Baptista Jardín, 2023-12-03 This book provides a comprehensive overview of Obstructive Sleep Apnea OSA that is accessible to patients OSA can have a significant and progressive impact on the lives of those who suffer from daytime sleepiness but it is often not considered Moreover individuals with the condition are often unaware of it as it affects them during sleep The book provides knowledge on appropriate pathways for investigation and treatment The organization and clarity of the writing make it easy for readers who want quick information on diagnosis symptoms treatment and more The

thorough history section covering anatomical evolution the history of medicine and modern day medical and surgical advances will satisfy curious readers Ample original hand drawn diagrams increase the readability and approachability of the work making pathophysiology and surgical procedures clear and accessible The book also includes links and descriptions of up to date procedures diagnostic techniques and devices guiding readers confidently towards other resources beyond the book for further information Given its features this guide will appeal also to general practitioners ENT students and OSA specialists

Phantom Sleep Page , Presents the Phantom Sleep Page a resource on sleep apnea snoring and other sleep problems Includes ordering information for the book Phantom of the Night Overcome Sleep Apnea Snoring by T S Johnson and Jerry Halberstadt Offers information on depression and apnea treating sleep apnea newsletters of sleep apnea patient education groups and Seasonal Affective Disorder SAD Provides access to a sleep apnea FAQ and other Internet resources dealing with sleep

Snoring and Sleep Apne Ralph A. Pascualy,2010 Snoring is the most common sign of sleep apnea a potentially fatal disorder that affects approximately 12 million Americans according to the National Institutes of Health Untreated sleep apnea is associated with heart disease high blood pressure stroke and premature death It is a common cause of driving accidents and job impairment as well as academic underachievement in children and adolescents Snoring and Sleep Apnea is for people who have or suspect that they have sleep apnea It is also written for their bed partners families and friends and for health care professionals involved in sleep apnea management This extensively revised and expanded fourth edition covers causes diagnosis treatment and surgical techniques as well as the pros and cons of specific therapies Readers will learn When snoring is a sign of sleep apnea Why snoring and sleep apnea are dangerous to your health Who should see a sleep specialist Where to find an accredited sleep disorder center The latest treatments and how to feel better fast NEW and expanded topics in this edition include Advances in CPAP and other key treatments A new chapter on women and sleep apnea Managing children and adolescents with sleep apnea The latest statistics on the impact of sleep apnea on obesity diabetes and cardiovascular disease Snoring and Sleep Apnea Sleep Well Feel Better will educate readers and help them receive the diagnostic tests and effective treatment they need to live full and healthy lives

Sleep Or Die William E. Headapohl,Jon Warren Lentz,2012-05-21 Sleep Apnea is a killer There are over thirty associated afflictions that are driven by untreated Apnea or associated with it This book addresses everyone s issues from the person with Sleep Apnea to everyone around them Why do we get Apnea What to do about it Why it feels like being hit by a truck Why sleep solo Why your partner will thank you How to design a personal approach Why Apnea can be deadly Why you should be optimistic The Apnea Avenger s TOOLBOX can help those living with an Apneac move beyond denial and help the Apneac overcome Sleep Apnea

The Quick and Easy Sleep Apnea Book Gautam Soparkar,2010-08 If you have sleep apnea think you might have it or know someone who does this award winning book is for you Sleep apnea is a relatively new subject in health care It is very common and is associated with many other medical conditions particularly high blood pressure heart disease and strokes

However awareness about sleep apnea is lacking and misconceptions are common It is very easy to pass off the signs and symptoms of sleep apnea Most people with this condition don t even know they have it This is very unfortunate because effective even life transforming treatment is available The consequences of untreated sleep apnea are wide ranging and can be devastating This book is a concise illustrated practical and readable guide to this common and potentially serious condition The reader will learn about when to suspect sleep apnea what other conditions are linked to it why it is important to detect it how to get tested for it and what to expect if treatment is required The book is written by a doctor who is involved in the care of patients with sleep apnea and many of the health problems that go with it *Sleep Apnea* Winfried J. Randerath,Bernd M. Sanner,Virend K. Somers,2006-01-01 In the face of the rapid developments in sleep medicine this book seeks to present the current knowledge in the pathophysiology clinical presentation diagnosis and treatment of sleep apnea New physiological approaches to modeling sleep and recent pat Restless Nights Peretz Lavie,2008-10-01 People with severe sleep apnea may struggle for breath all through the night not breathing for as long as ninety seconds at a time during their sleep This syndrome which affects at least four percent of men and two percent of women can cause daytime fatigue traffic and work accidents deteriorating cognitive abilities and cardiovascular problems Yet until now there has been no accessible discussion of the history physiology and risk factors of sleep apnea In this book Peretz Lavie an expert in sleep research tells the complete story of sleep apnea for the first time The book provides an explanation of the symptoms of sleep apnea including the most important one snoring an up to date description of the risk factors a clear explanation why sleep apnea causes cardiovascular problems a discussion of children s breathing disorders in sleep advice on how to get a consultation and diagnosis evaluations of the treatments currently available practical recommendations on how to live with the syndrome interviews with the key figures in sleep apnea research and more **YOU SNOOZE, YOU LOSE YOU SNORE, YOU (COULD) DIE** EVARISTO P. BADIOLA, M.D.,2011-09-27 Sleep apnea is the end result of a clash between normal body functioning and anatomy aided by gravity and the effects of aging Prompt treatment could prevent multiple medical complications and improve health while reducing the cost of healthcare

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