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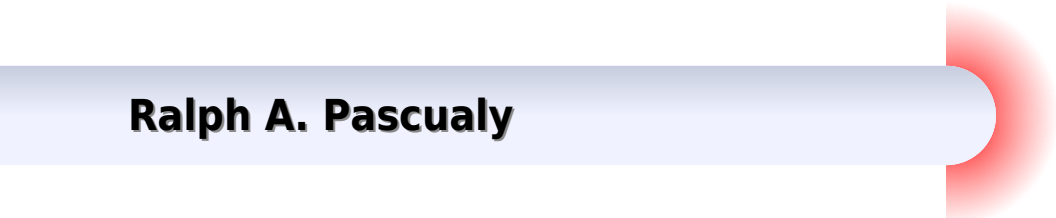
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FEEL BETTER

FOURTH EDITION

Snoring And Sleep Apnea Sleep Well Feel Better

Ralph A. Pascualy



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Gautam Soparkar, MD, 2010-08-26 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 **Snore, No More!** Rob Simon, 2005 Author Rob Simon has been on a quest How do I stop snoring and save my marriage Thanks to the author's diligence humor and in no small part the willingness of his mate to hold onto hope millions of snorers and snorees may find their own solution to snoring one of the most widely

deliberated about and challenging conditions around the world Snore No More is no first person account Rather it s a well researched book written by a man men are twice as likely to snore as women who knows the trials and tribulations of snoring and leaves no topic unturned in his hunt for answers The result is an entertaining humorous and very informative book that covers everything from how to say snore in many of the world s languages to the effects of diet on snoring Other topics include snoring surgeries several of which the author has undergone effects of sleep loss on snorees and even dealing with pet snoring Snore No More is destined to become a must have book for anyone who snores or lives with a snorer The book s insights suggestions and documentation alone make it a valuable reference one that just might keep snorers up all night reading

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How to Cope with Snoring - Easy Ways to Cure and Manage Sleep Apnea John Davidson,Dueep J.

Singh,2013-05-15 How to Cope with Snoring Easy Ways To Cure and Manage Sleep Apnea Table of Contents Introduction Knowing More about Snoring Causes of Snoring How to Prevent Snoring Possible Causes of Sleep Apnea Cures for Sleep Apnea Snoring When to See A Doctor Effects of Snoring On a Relationship Conclusion Introduction Knowing More about Snoring Ask anybody who has had a sleepless night for a couple of days this question How does he feel He s going to answer you into a completely irritated manner that he s totally exhausted and he really does not have any time to pay any attention to your fool statements or answer your futile questions That sort of short tempered and moody unpredictability is one of the most easily recognizable side effects of somebody who has not managed to get his full quota of eight hours of uninterrupted pleasant sleep And one of the causes of these sleepless nights is the continuous sound of someone in the vicinity or in the room happily asleep and snoring Just imagine that it is 2 o clock in the morning and you are staring at the ceiling or at the alarm clock You have tried stuffing your ears with cotton and even your pillow cannot muffle the sound of snoring reverberating through the room Did you know that 30% of the people in their 30 s and 40 s out there snore 59% of the people when asked admitted that their partners snored 59% of the partners immediately replied indignantly that they did not snore But it is true and snoring is one of the reasons why so many people suffer from sleepless nights and doctors are looking for ways and means in which the snoring sound can be moderated or stopped **Feeling Better and Living Longer Made Easy ,**

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