

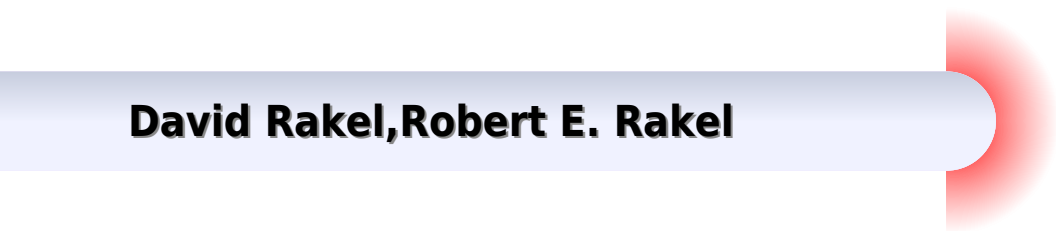
Snoring and Sleep Apnea: Personal and Family Guide to Diagnosis and Treatment

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Snoring And Sleep Apnea Personal And Family Guide To Diagnosis And Treatment

David Rakel, Robert E. Rakel



Snoring And Sleep Apnea Personal And Family Guide To Diagnosis And Treatment:

Snoring and Sleep Apnea Ralph A. Pascualy, Sally Warren Soest, 1994 Sleep apnea syndrome is number one among the hundred plus sleep disorders recognized today Why Sleep apnea is common its incidence may be as high as 10% of the general population Sleep apnea untreated can be deadly Sleep apnea is subtle progressive and often untreated by physicians

Sleep for Success! Everything You Must Know About Sleep but Are Too Tired to Ask Dr. James B. Maas, Rebecca S. Robbins, 2011-01-28 Given the present stress inducing state of the economy and the world there has never been a better time to provide a wake up call on how to relax get centered get 8 hours of sleep and be happier and more successful Recent research has shown us that when we get enough sleep we are able to accomplish more in less time and with less stress and greater health We dont need a 26 hour day With more efficient and effective sleep habits in our book 24 hours is more than adequate Our proposition is simple and compelling Do you want to be healthier more productive energetic creative organized efficient and constantly expanding your potential Do you want to be less stressed happier have a better relationship with yourself and others and a deeper sense of well being What if you could take a few small steps every day that would enable you to eventually achieve all these things You can In fact its easy Sleep for Success a convincing psychological approach to changing attitudes and behaviors is written for anyone who wants to get a great nights sleep feel wide awake and be a peak performer all day It pertains to executives students parents athletes children and senior citizens If youre human chances are that you are at least somewhat sleep deprived Sleep for Success can change your life literally overnight

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s and don'ts of sleeping pills and over the counter remedies How to combat travel fatigue including jet lag and drowsy driving Tips for exhausted parents of newborns infants and toddlers How to overcome sleep disorders including insomnia An important and practical book Power Sleep will help you get the sleep you need to quickly and dramatically improve your mental and physical well being *The Official Patient's Sourcebook on Sleep Apnea* James N. Parker, 2002 This book has been created for patients who have decided to make education and research an integral part of the treatment process Although it also gives information useful to doctors caregivers and other health professionals it tells patients where and how to look for information covering virtually all topics related to sleep apnea also central sleep apnea nocturnal upper airway occlusion obstructive sleep apnea Online's curse pediatric obstructive sleep apnea Pickwickian syndrome from the essentials to the most advanced areas of research The title of this book includes the word official This reflects the fact that the sourcebook draws from public academic government and peer reviewed research Selected readings from various agencies are reproduced to give you some of the latest official information available to date on sleep apnea Given patients increasing sophistication in using the Internet abundant references to reliable Internet based resources are provided throughout this sourcebook Where possible guidance is provided on how to obtain free of charge primary research results as well as more detailed information via the Internet E book and electronic versions of this sourcebook are fully interactive with each of the Internet sites mentioned clicking on a hyperlink automatically opens your browser to the site indicated Hard copy users of this sourcebook can type cited Web addresses directly into their browsers to obtain access to the corresponding sites In addition to extensive references accessible via the Internet chapters include glossaries of technical or uncommon terms

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