

# DON'T SNORE ANYMORE

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## YOUR COMPLETE GUIDE TO A QUIET NIGHT'S SLEEP

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- Provides instructions for effective home treatments
  - Rates over-the-counter antismoring devices
- Explains all the surgical and laser therapies available
  - Shows which types of snoring are benign and which are life-threatening
- Lists 100 best places to go for treatment

**Jeffrey N. Hausfeld, M.D.**

# Snore No More Your Complete Guide To A Quiet Nights Sleep

**Jessica J Manson**



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