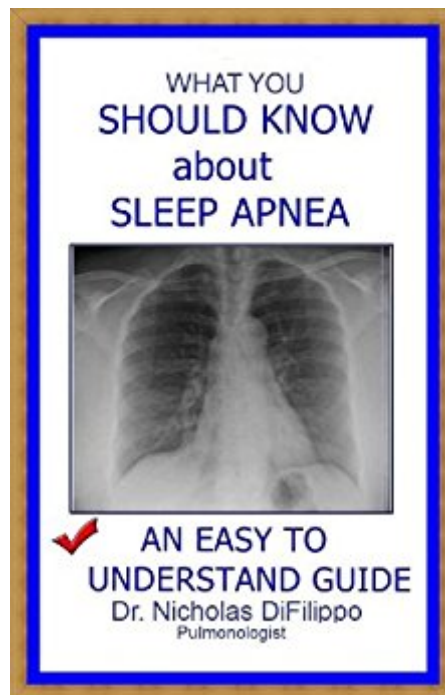




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What You Should Know About Sleep Apnea. An Easy To Understand Guide.



Synopsis

Sleep apnea should be as familiar and as well known by the general public as common diseases such as emphysema, Alzheimer's disease, or heart attack. Sleep apnea is much more common than you may think. Its manifestations are widespread. It affects routine every day activity in many ways. Awareness is essential. This is because the disease is often insidious and may be present for many years before its existence is even suspected. If one does not know about the disease or about what effects it may have on human life, it will never be discovered or even thought of during its early stages. As you will see throughout this book, sleep apnea can easily affect your life without you even knowing it. One of the primary purposes of this book is to increase awareness of sleep apnea. Over the years many hints are dropped and ignored about sleep apnea. If you are not aware of the possibility of subtle changes, how can you do something about it? The topic of sleep apnea is not just about a lung disease, it is actually about human life in general. This book presents a fairly detailed overall view of sleep apnea and will be an eye-opening experience for all readers.

Book Information

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Customer Reviews

I'm enlightened and now fully briefed on sleep apnea. I have been in denial and reluctant to fully understand sleep apnea out of fear that I may have it. Dr. DiFilippo's book is just the right length not to put you to sleep pardon the pun. He details the many aspects of the issue correlating it with how the body functions and what it does during sleep. One comes away after reading this easy to digest book with a confident knowledge of sleep apnea and its causes.

Nothing more than what you can find on the internet..

This was a good book with basic information about Sleep Apnea. It gives information about the kinds of apnea, causes and treatments (conventional and non-convention). It is written in very understandable language and would be great for someone looking for basic information

This is a helpful book when one is faced with sleep apnea as a new personal event. It begins to clarify some things that are not readily known or understood. The questions at the end of the book seemed to cloud the understandings presented earlier, but this did not make the book any less valuable as a source of information.

Didn't answer my questions. Nor did it cover the "new" "portable" machines. Also I was wondering about settings, which it didn't address. I guess it is too basic.

Good information.

Great little book, simplifies things for the sufferer/layman. Excellent reference for those wanting to understand this complex disease and get some answers.

Very interesting read!

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Machine, Sleep Secre) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) What you should know about sleep apnea. An easy to understand guide. Hacking Sleep Apnea: 19 Strategies to Sleep & Breathe Easy Again Dental Sleep Medicine Basics: The Clinical Guide to Treating Obstructive Sleep Apnea Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days Twenty-Five Buildings Every Architect Should Understand: a revised and expanded edition of Twenty Buildings Every Architect Should Understand (Volume 2) A Quick Read on What You Should Know about Colon Cancer and how to Prevent it: Detailed, but in laymans's terms (What you should know about your health ... care of yourself; in layman's terms Book 1) 50 Sculptures You Should Know (You Should Know (Prestel)) 25 Bridge Conventions You Should Know - Part 1: Learn These First (25 Bridge Conventions You Should Know - eBook Edition) NO CPAP NEEDED: CPAP Alternative Sleep Apnea Cure How to Tolerate CPAP Therapy for Your Sleep Apnea Life With CPAP: Central and Obstructive Sleep Apnea, Recent Advances in Therapy Get It Up! Revealing the Simple Surprising Lifestyle that Causes Migraines, Alzheimer's, Stroke, Glaucoma, Sleep Apnea, Impotence,...and More! Life After CPAP: A Physician's Experience with Obstructive Sleep Apnea, the Most Commonly Missed Common Diagnosis in the U.S. Recipes Every College Student Should Know (Stuff You Should Know) Stuff Every Man Should Know (Stuff You Should Know) Insults Every Man Should Know (Stuff You Should Know)

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