



Hacking Sleep Apnea: 5th
Edition 18 Beginners Strategies
to Sleep Breathe Easy Again.:
From Cpap to Oral Appliance
Therapy, and the Truth Behind
What Actually Works.
(Paperback)

By Brady Nelson Rrt

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Sleep Apnea Could Be Killing You. Sleep Apnea is widely prevalent, affecting 1 in 15 people. As well, it is VERY often either left poorly treated, or not at all. When either is present, a cascade of other conditions frequently exists. These diseases, (High Blood Pressure, Diabetes, Strokes, and so many more) are often treated symptomatically without treating the actual cause. Sleep apnea can be the reason for so many of these diseases. The amount of treatment options is extensive, with only a select few that lead the way. Some suggest CPAP, some suggest oral appliances, and some will try everything available with little success. You ve heard it all before, we need to get a quality night sleep of 6-8 hours to function optimally (about a 3rd of our lives). If you have been diagnosed with sleep apnea, you need to get treated.FAST. This is Where This Book Will Help You or a Loved One Immensely! We ll go over the EXACT treatment options available, from LEAST invasive to MOST invasive. Along the way we ll debunk the options that...



Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- Melvin Hettinger

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Easton Collier DVM

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