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The handbook on sleep apnea Phantom of the Night

The revised and expanded handbook on sleep apnea T. Scott Johnson MD, William Broughton, MD, and Jerry Halberstadt; with contributions by B. Gail Demko, D.M.D. Forewords by Carl E. Hunt, M.D., Director, National Center on Sleep Disorders Research, NHLBI, NIH, William C. Dement, M.D., and Colin E. Sullivan, M.D.

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It is estimated that 50 to 70 million Americans chronically suffer from a disorder of sleep and wakefulness, hindering daily functioning and adversely affecting health and longevity.

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Sleep Apnea and Snoring ScienceDirect

Provides consistent, templated chapters and a contemporary, full-color format for quick, easy access to the most up-to-date surgical and non surgical interventions for sleep apnea and snoring.

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Millions of adults are suffering from sleep apnea and don't know it. The majority of them are overweight or obese. Men suffer from this condition more than women. The older a person is, the more likely they can inherit this condition. With women, they can develop sleep apnea in the post-menopausal stage of their life.

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Sleep apnea Wikipedia

Sleep apnea, also spelled sleep apnoea, is a sleep disorder characterized by pauses in breathing or periods of shallow breathing during sleep. Each pause can last for a few seconds to a few minutes and they happen many times a night. In the most common form, this follows loud snoring.

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Sleep Disorders Book American Sleep Association

Free online book on sleep disorders cover sleep apnea, insomnia, RLS, narcolepsy, and more.

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Obstructive Sleep Apnea An Issue of Sleep Medicine

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