



This Book Blows: A Cpap Bedside Companion

By Mike Moran

iUniverse, United States, 2006. Paperback. Book Condition: New. 221 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Obstructive Sleep Apnea is a sleeping disorder that affects millions of people but which has only recently come to widespread public attention. Fortunately, an effective therapy called continuous positive airway pressure (CPAP) can treat it. Simply blowing air into people's noses at night gives them new, improved rest and silences their characteristic snoring. Unfortunately, the adjustment period for this therapy is not of short duration, and most people give up in the early stages, before they can reap maximum, if any, benefit. Who can blame them? They must admit to snoring and then wade through a morass of tests and insurance red tape, all to obtain the pleasure of wearing a not-so-form-fitting mask every night-one guaranteed to thwart alien abductions. Author Mike Moran, who also suffers from Obstructive Sleep Apnea, offers a comforting and humorous resource for everyone dealing with the difficulties of this disorder-and its treatment. This Book Blows is for all the true hose heads who need to know they aren't alone in their quest for a good night's sleep!.



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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- **Doyle Schmeler**

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**