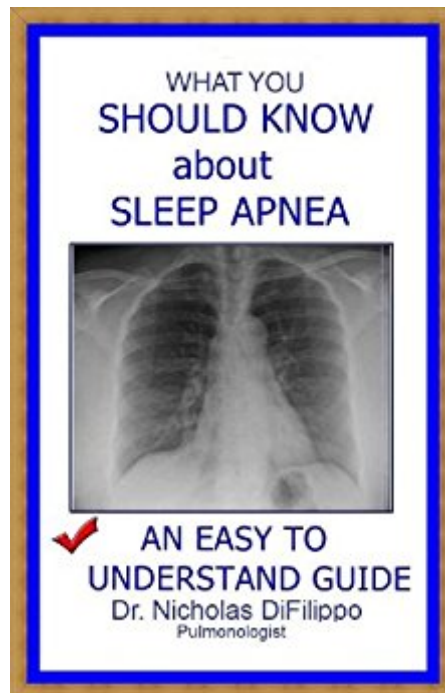


The book was found

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.

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.

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

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