

Snoring is the most common sign of sleep apnea, a potentially fatal sleep disorder that affects approximately twelve million Americans, according to the National Institutes of Health (NIH). Untreated sleep apnea is associated with heart disease, high blood pressure, stroke, and premature death. It is a common cause of driving accidents and job impairment, as well as academic underachievement in children and adolescents. Snoring and Sleep Apnea is for people who have or suspect that they have sleep apnea. It is also written for their bed partners, families, and friends, and for health care professionals involved in sleep apnea management. This extensively revised and expanded fourth edition covers causes, diagnosis, treatment, and surgical techniques as well as the pros and cons of specific therapies. Readers will learn: When snoring is a sign of sleep apnea Why snoring and sleep apnea are dangerous to your health Who should see a sleep specialist Where to find an accredited sleep disorder center The latest treatments and how to feel better fast NEW and expanded topics in this edition include: A new chapter on women and sleep apnea Managing children and adolescents with sleep apnea Advances in CPAP and other key treatments The latest statistics on the impact of sleep apnea on obesity, diabetes, and cardiovascular disease Snoring and Sleep Apnea: Sleep Well, Feel Better will educate readers and help them receive appropriate diagnostic tests and the most effective treatment so they can live full and healthy lives.

Public Health Response to Biological and Chemical Weapons: WHO Guidance, Vicarious Trauma and Disaster Mental Health: Understanding Risks and Promoting Resilience (Psychosocial Stress Series), Visual Habits: Nuns, Feminism, And American Postwar Popular Culture, Old Time Gospel Piano, The American State Normal School: An Instrument of Great Good, Escape from Paris (Carolyn Hart Classics), Nonlinear Equations of Equilibrium for Elastic Helicopter or Wind Turbine Blades Undergoing Moderate Deformation, Mosbys Respiratory Care Equipment - Elsevier eBook on Intel Education Study (Retail Access Card), 9e, The Buscadero,

Snoring is a common condition that can affect anyone, although it occurs more frequently Sleep apnea creates several problems, including. Learn more from WebMD about sleep apnea, a disruptive and This means the brain -- and the rest of the body -- may not get enough oxygen.

About 90 million Americans suffer from snoring activity during sleep. with OSA fall asleep, they can stop breathing for a few seconds to a minute or more. experiences excessive restlessness at night or feels sleepy during the day, you may impaired attention and alertness, as well as other serious risks such as heart.

Free 2-day shipping on qualified orders over \$ Buy Snoring & Sleep Apnea: Sleep Well, Feel Better at kalindaphotography.com Snoring related sleep disturbances can occur for both the snorer and the or feels fatigued during the day, it's time to seek obstructive sleep apnea treatment. Untreated sleep apnea could cost you far more than just a good night's rest;. Explore this Health Topic to learn more about sleep apnea, our role in research and clinical trials to improve health, and where to find more.

Have you noticed you're sleeping with mouth open? Sleep apnea and mouth breathing can cause serious disease. Read more.

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