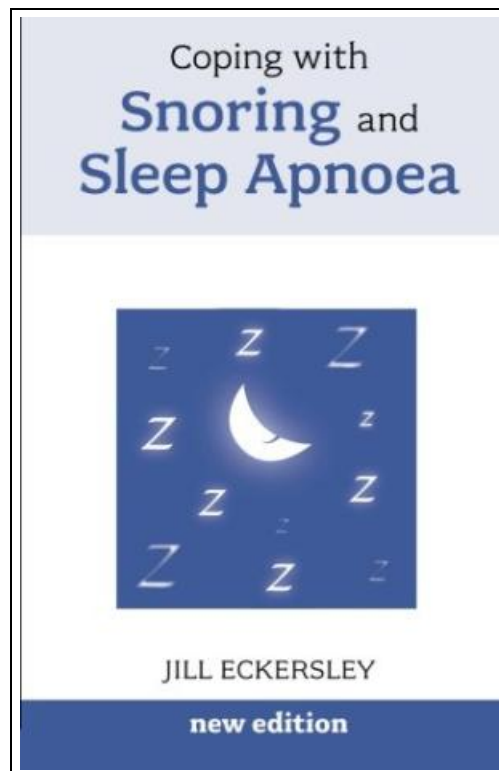


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Reviews

This kind of book is every little thing and made me searching ahead of time plus more. This is certainly for anyone who statte that there was not a well worth reading through. Its been developed in an remarkably straightforward way in fact it is simply following i finished reading this pdf in which really modified me, alter the way i really believe.
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COPING WITH SNORING AND SLEEP APNOEA (PAPERBACK)



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SPCK Publishing, United Kingdom, 2010. Paperback. Condition: New. Revised edition. Language: English . Brand New Book. Snoring is no joke! It can interrupt sleep and make days miserable, and wreak havoc in close relationships. And sleep apnoea, which causes severe daytime sleepiness, is a real danger to health and can wreck lives - sometimes literally in the case of tired driving. If you've had enough of people making jokes about your snoring, or you are the long-suffering partner of a chronic snorer, this book will help. This thoroughly updated new edition has a special emphasis on sleep apnoea, which affects some 80,000 people in Britain. A new chapter explains how rising levels of obesity are contributing to both snoring and sleep apnoea. This book also explores out the related health risks of sleep apnoea and possible snoring, including high blood pressure, heart attacks and stroke, irrespective of weight issues. Other topics include: * the link with allergy, and asthma in particular * updated snoring remedies and medication * how to get a diagnosis, what your GP can offer, and treatment from your dentist * surgery * simple cures and lifestyle measures * complementary medicine * help for the snoree!.



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