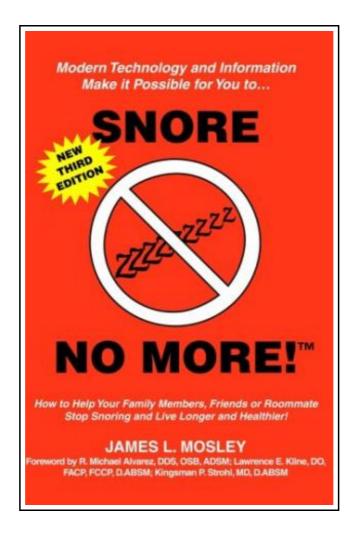
Snore No More!t (Paperback)



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Reviews

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International Scene Publishing Company, United States, 2006. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This third edition of Snore No More! provides easy-to-understand facts about the causes of snoring and the dangers of loud snoring. It prescribes preventatives measures, self-help methods, where to get professional help, and the state-of-the-art-treatments available to stop snoring and obstructive sleep apnea (OSA). Snore No More! is a timely, informative, patientoriented health-care book about the pitfalls and health hazards that can result from snoring and OSA. The author shares his 39 year battle with his own obnoxious heavy snoring and OSA. This edition reveals the cutting-edge technology currently in use by doctors to screen, diagnose, and treat snoring and OSA . Snore No More! delivers a timely, A-Z sleep disorder awareness message that empowers the reader to become proactive; and help themselves, a family member, or a friend to stop snoring and live longer and healthier. Snore No More! features some intriguing real-life accounts given by sleep apnea patients that describe physical and mental suffering, loss of job, sexual and marital problems and near-death situations caused by loud snoring and OSA Aside from providing information on the causes and treatments of snoring and a potentially lifethreatening sleep disorder OSA; this edition includes a Snorer s First Line Responders (SFLR) Quiz, a Snoring Assessment Study, and a Sleep Questionnaire, which can be found in Chapter 5. The purpose of these sleep aids is to heighten the awareness of the snorer concerning how loud, erratic, frequent, or disruptive his/her snoring may be and encourage testing and treatment . The author has designated those individuals who share the same bed, same room or household with a snorer, as the Snorer's First Line Responder (SFLR)...

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