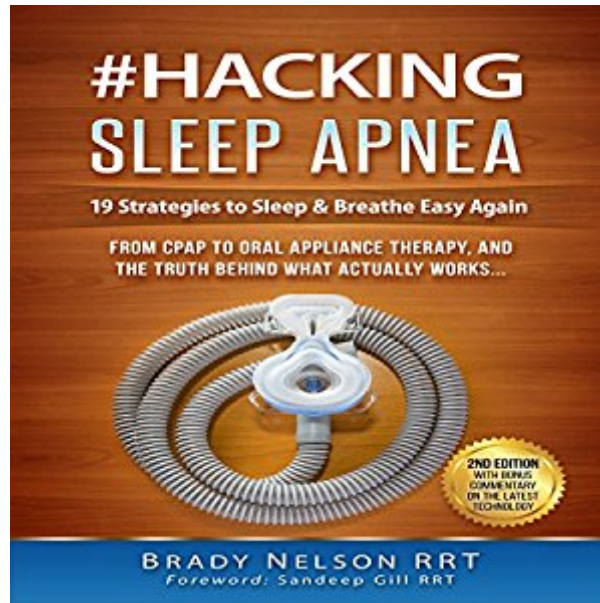


The book was found

# Hacking Sleep Apnea: 19 Strategies To Sleep & Breathe Easy Again



## Synopsis

Discover the Exact Sleep Apnea Treatments That Actually Work Sleep apnea is becoming incredibly prevalent (affecting one in five adults) and very often leads to a cascade of diseases that are often treated symptomatically, without treating the actual causes. The amount of treatment options and information in the digital world is often confusing for people, too. Some suggest CPAP, some suggest wearing oral appliances, and some might deny the fact that such a problem even exists! The average person sleeps about six to eight hours a day, which is roughly a third of one's entire lifetime. We have to make sure we are getting quality sleep to perform at our best, especially in today's unforgiving, fast-paced world. Each and every patient should find the exact treatment plan that works for him or her. This is where this book will help you, a friend, or a loved one immensely. We'll cover the exact sleep apnea treatment options, starting with the least invasive to the most invasive, and whether these treatments actually work or not. Listen now, and start hacking sleep apnea.

## Book Information

Audible Audio Edition

Listening Length: 57 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Respiratory Labs

Audible.com Release Date: February 23, 2016

Language: English

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Best Sellers Rank: #100 in Books > Medical Books > Allied Health Professions > Respiratory Therapy #219 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #459 in Books > Audible Audiobooks > Science > Medicine

## Customer Reviews

This book is written by an honest to goodness respiratory therapist and he holds no punches while talking about a condition that can be quite serious. This is a great book for people who have been recently diagnosed with sleep apnea and for family members of people who have been diagnosed with sleep apnea. It doesn't go in to great depth about any one subject that it covers but what do can you really expect from a book that is less than one hundred pages. It takes longer and more pages to write anything that could be more in-depth than this is. Like I said though, it is a book that is less

than one hundred pages. The author does give references so that you can learn more information than is outline in the book if you are so inclined. I felt that it was a good starting place. If you want to know more after reading this book try a little harder, dig a little deeper and seek out more information. This book is written in a practical format and I truly like that fact. The author doesn't promise miracle cures and it is presented in an unbiased way. Like I said before if you are interested in learning more seek out more information. I plan to do some research and see if this author wrote any more books that might go a little more in depth. I truly like his style of writing. If you are going to tell me about something that can truly be a scary thing. Think about itâ |..you are actual stop breathing in your sleep when you have sleep apnea. Disclaimer: To give a truly honest and unbiased review I do have to say that I did receive this product for free or a discounted price in exchange for my honest review. Please do not think that this swayed my opinion in any way. [...

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