



The Snoring Cure: Simple Steps to Getting a Good Night's Sleep (Paperback)

By Debra Fulghum Bruce

W. W. Norton Company, United States, 1999. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you snore, you've probably had to suffer through years of bad sleep and elbows in the ribs. If you share a bed with a snorer, you've endured endless nights of tossing and turning with your head stuffed under a pillow. But you can put an end to snoring. This authoritative, accessible book will provide much-needed relief to snorers --and their captive audiences --everywhere. Contrary to popular belief, snoring represents more than mere noise. Incorporating the latest developments in sleep disorder research, the authors explain what causes snoring and what its various implications are, including its role as an indicator of more serious problems such as obstructive sleep apnea (a condition that can lead to strokes, impotence, hypertension, and heart disease). Step by step, the reader will learn how to get an accurate diagnosis and then cure snoring once and for all, whether through weight loss, positional therapy, medications, special equipment, or outpatient surgery. Throw out your earplugs and give those ribs a rest. After following The Snoring Cure's straightforward advice, you'll finally be sleeping comfortably...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III