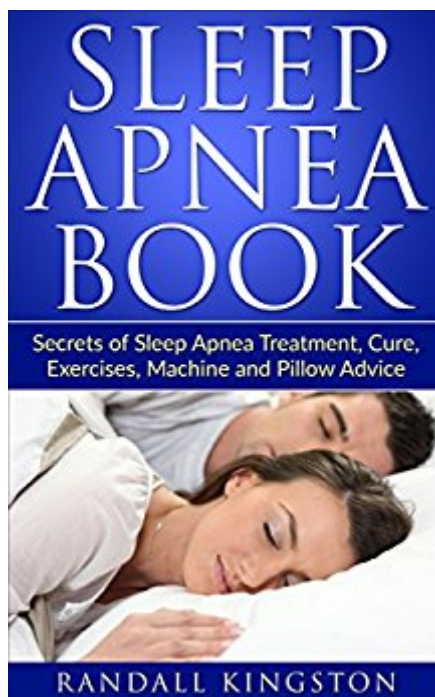


The book was found

Sleep Apnea Book: Secrets Of Sleep Apnea Treatment, Cure, Exercises, Machine And Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre)



Synopsis

Discover the Secrets of How To Be Sleep Apnea Free Today! Get this e-Book for just \$0.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Learn how to sleep well again without the snoring, tiredness and frustration caused by Sleep Apnea. Discover how you can beat Sleep Apnea today! This book will explain and guide you through how you can be free from Sleep Apnea, even if you never thought it was possible. The knowledge found here will help you learn and understand what is causing the sleep apnea, how to stop it, naturally and or with medicines and machines, and prevent the frustrating, irritating results of a sleepless night for you and your bed partner. If you want to be free from the sleepiness, irritableness, sleep depriving and physical health deterioration that sleep apnea causes then you need this book. Here Is A Preview Of What You Will Learn

What is Sleep Apnea and what causes it
What effect does it have on the body (short term and long term)
How to treat Sleep Apnea Naturally
How to get relief from Sleep Apnea
How to avoid the health issues that Sleep Apnea causes in the future
How to treat Sleep Apnea using Herbs
How Medication can help beat Sleep Apnea
What machines are most effective in preventing Sleep Apnea
Pillow advice that will help you beat this disease
And Much, Much More!
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Customer Reviews

This book does cover the basic problems of Sleep Apnea quite well. I think it is short on methods of treatment, many of which should be under a doctor's care. I will be undertaking some of the recommended exercises, however, until I can get together with my doctor.

the Machine is a part of life, I just need to work with the machine and my Doctor

Limited information but for \$1 you can't complain. Provides a brief outline of the subject with links for additional information. Very quick read; I went through the entire book in about 30 minutes.

Thank You.....great possible life saving information.....don't overlook it!!!

No real information other than extremely basic. Do yourself a favour and save your dollars.

Short read, basically a pamphlet. You can learn all of this online for free.

Good book with reassuring information.

Very good!

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