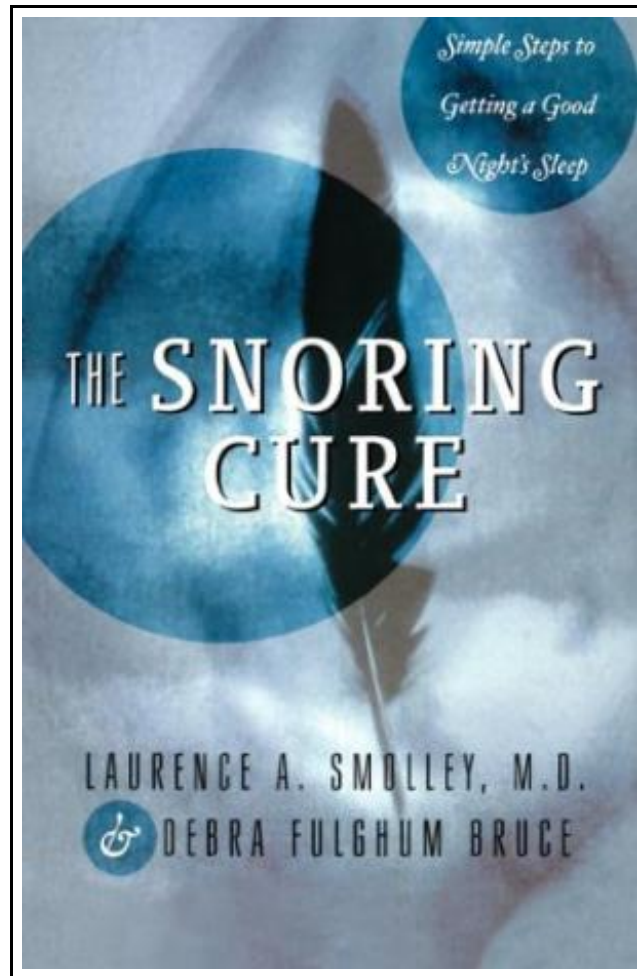


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(Prof. Maya Hand)

THE SNORING CURE: SIMPLE STEPS TO GETTING A GOOD NIGHT S SLEEP (PAPERBACK)



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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 through the night.

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