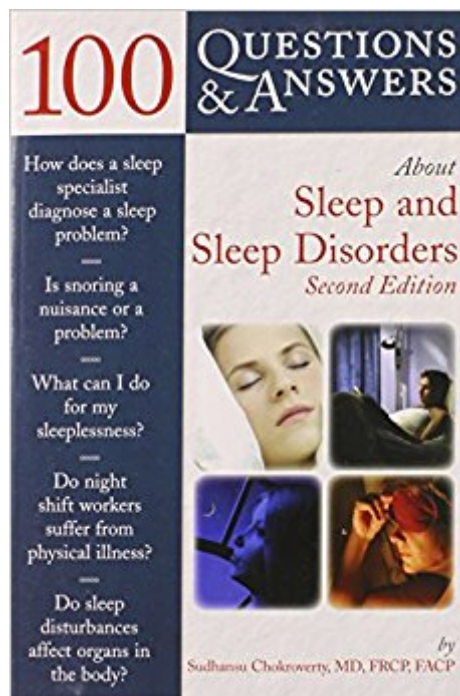




The book was found

100 Questions & Answers About Sleep And Sleep Disorders



Synopsis

Nearly 32 million Americans have insomnia and over 12 million suffer from sleep apnea .Whether you're a newly diagnosed patient with a sleep disorder, or are a friend or relative of someone suffering from a sleep disorder, this book offers help. The only text available to provide both the doctor's and patient's views, 100 Questions & Answers About Sleep and Sleep Disorders gives you authoritative, practical answers to your questions. Written by an expert on the subject, with

Book Information

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Customer Reviews

This book provides a good basic understanding of sleep and sleep disorders, and the author appears to be a highly qualified sleep specialist. However, I'm not sure that the Q&A format of the book is ideal for this topic, since it makes the presentation of the information less systematic and makes it harder to find information. I believe that a book with a more conventional format may be a better choice for this topic.Perhaps the most important insight to draw from this book is that if you suspect you have a sleep disorder, take it seriously and see a sleep specialist soon. Sleep disorders can cause major health problems and hugely impact quality of life, and proper treatment of sleep disorders is not a do-it-yourself affair; it needs to be based on an accurate diagnosis and expert guidance.

Good information.

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