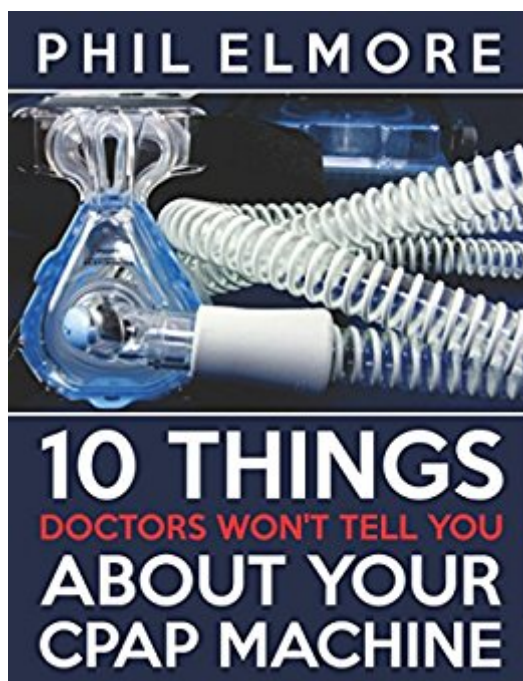


The book was found

Ten Things Doctors Won't Tell You About Your CPAP Machine



Synopsis

Millions of Americans suffer from sleep apnea. The most common treatment is Continuous Positive Airway Pressure, or CPAP therapy. But adjusting to a CPAP machine can be very difficult for many people, especially those who feel humiliated or intimidated by the experience. Quite a few Americans who have been prescribed a CPAP machine don't feel like they can sleep wearing a CPAP mask. The fact is, most doctors and sleep clinics do a poor job of preparing their patients for what's to come when learning to "live on life support" with a CPAP. In this brief booklet, prolific author Phil Elmore explains ten things he wishes he'd known before he started CPAP therapy -- and which just may help you on your own journey as you adjust to using a CPAP machine when you sleep.

Book Information

File Size: 1692 KB

Print Length: 39 pages

Simultaneous Device Usage: Unlimited

Publisher: Samurai Press; 2 edition (September 28, 2015)

Publication Date: September 28, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B015YHVOFI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #67,701 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #52 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Self-Help #66 in Books > Politics & Social Sciences > Sociology > Medicine #1319 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help

Customer Reviews

Truth is seldom appealing, and rarely funny, but always important. Phil Elmore's eBook is all of the above, and I wish I had had it to read some twenty years ago, when I was starting my rest-of-my-life-long affair with Obstructive Sleep Apnea (OSA). All the ignorance, self-deception and

sickness I went through could have been abbreviated or even prevented, if I had had this to read, back then. Sleep Apnea is snoring taken to a level beyond where it annoys and repels the people unfortunate enough to sleep within earshot of you, to where it begins to shorten your life and lower the quality of that life so much that the shortening almost seems like a favor. Compared to the severity of the effects on your health and the quality of your life (and the lives of those around you), the treatment for OSA is a dreamless, restful nap. But you don't know that going into the doctor's office, and you may not be lucky enough to find out on your own. This is where Phil's book comes in. Phil went through all of that, and expresses it so well that I can't imagine there are too many sleep apnea patients who can't identify, appreciate, and -- oh, yes -- laugh at his first-person account of the disease, and the treatment. Certainly, for anyone who snores enough that it is a problem, or tries to sleep near to someone who does, "Ten Things Your Doctor Won't Tell You About Your CPAP Machine" is going to tell you a LOT more than just about your new, or soon-to-be constant sleeping companion, the CPAP machine. You are one among millions diagnosed with Sleep Apnea, and for all those millions of us, there are millions more who SHOULD be diagnosed and treated, but haven't been, largely because they don't know they're "sick."

[Download to continue reading...](#)

Ten Things Doctors Won't Tell You About Your CPAP Machine NO CPAP NEEDED: CPAP Alternative Sleep Apnea Cure Bread Machine Cookbook: 101 Delicious, Nutritious, Low Budget, Mouthwatering Bread Machine Cookbook: Best Bread Machine Bread Recipe Recipes for Perfect-Every-Time Bread-From Every Kind of Machine What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback)) Bread Machine Cooking - The Ultimate Guide to Bread Machine Bread Baking: Over 24 Bread Machine Recipes You Will Love! What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM): Menopause: The Breakthrough Book on Natural Progesterone (What Your Doctor May Not Tell You About...) Jennifer's Way: My Journey with Celiac Disease--What Doctors Don't Tell You and How

You Can Learn to Live Again Jennifer's Way: My Journey with Celiac Disease--What Doctors Don't Tell You and How You Can Learn to Live Again What Doctors Fail to Tell You About Iodine and Your Thyroid What Your Doctor Won't Tell You About Getting Older: An Insider's Survival Manual for Outsmarting the Health-Care System The Girlfriends' Guide to Pregnancy: Or everything your doctor won't tell you Surviving "Terminal" Cancer: Clinical Trials, Drug Cocktails, and Other Treatments Your Oncologist Won't Tell You About 1001 Commonly Misspelled Words: What Your Spell Checker Won't Tell You The FREE Cure for Sleep Apnea: You Can Stop Using CPAP Can I tell you about Epilepsy?: A guide for friends, family and professionals (Can I tell you about...?) We Won't Pay! We Won't Pay! And Other Works: The Collected Plays of Dario Fo, Volume One (Collected Plays of Dario Fo (Paperback))

[Dmca](#)