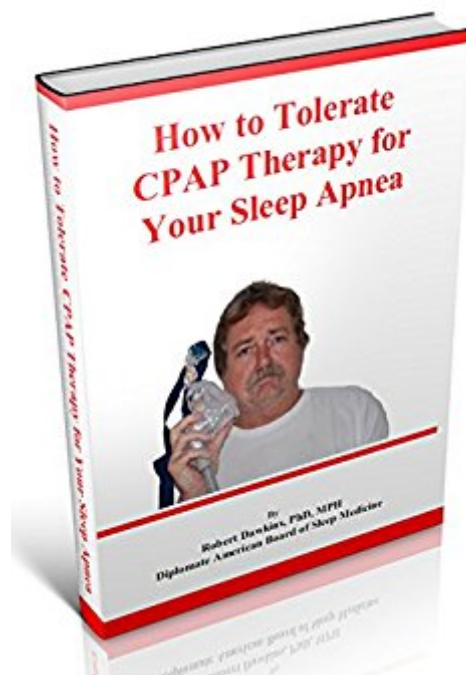


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# How To Tolerate CPAP Therapy For Your Sleep Apnea



## Synopsis

This ebook is for the beginning CPAP user and explains in everyday terms how apnea occurs and how it affects the health, safety and wellbeing of those who have it. This is not a technical book nor a medical book. It shares lessons from my years of experience helping people overcome their difficulty adapting to CPAP therapy for sleep apnea and tells you all the things I wish I could remember to tell everyone who comes through our lab. It discusses alternative treatments briefly and how to tell if you might benefit from one of them. It explains how CPAP works, why your doctor seems to prefer it and why it is so often the prescribed treatment, why it is sometimes very difficult to tolerate and what you can do about it. It will give you the information to solve many of your problems with your CPAP and help you talk with your doctor about how to solve the others. A supporting video program is available at [www.practicalhealthstrategies.com](http://www.practicalhealthstrategies.com). But, again, it is for the beginner. If you have been struggling with CPAP for months or years you probably need personal attention from your local professionals.

## Book Information

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## Customer Reviews

Anyone who is going to be starting cpap/bipap must read this. This book will help you know what questions to ask your doctor & DME prvider. It is informative and really helps with the adjustment! (A good DME provider w/ caring professionals is also a must, especially if you are very anxious...like I was).

This is a well written introduction of CPAP, how it is used and some solutions to common problems. It is meant for the patient not the physician.

Just got bipap. Your book very informative. Tonite is my 4th night. My apnea is in rem, like 89 episodes in 200 minutes. Also nerve controlling my diaphragm messed with l c 5-6-7 fusion 24 years ago just caught it thanks. Jay W

I got a CPAP machine five years ago and tried to get used to it but gave up. I would start out the night with the mask on and be ok but in the middle of the night I would pull the darned thing off. Eventually I just quit wearing my mask. A recent stay in the hospital because of heart problems has motivated me to try it again. I ordered this book hoping it would help and it has.

I learned a lot from this clinical perspective written for the layman by no less than a sleep doctor. It will be one of my go to references as I start my affair with a CPAP machine.

Needed book but not so useful because the content is obvious.

wasn't what I had expected in terms of technical advice - generic information available with general net searches. But it does provide a one stop information source.

I was recently diagnosed with Obstructive Sleep Apnea, and the lion's share of my treatment involves the use of a CPAP machine. I was initially intimidated by the prospect of sleeping with a mask on my face and air being pumped into my nose. I sought information online that was not just about sleep apnea itself, but also about how to manage the CPAP machine and mask. I read this book the first day I got my machine. I devoured it by the second night. On the third night, I slept with the mask the entire time because of this book. I found this book EXTREMELY helpful. In plain language the author explains various problems that you could have while trying to adjust to CPAP

and offers suggestions about ways to solve these problems. A company is wirelessly monitoring my use of the CPAP treatment on behalf of my insurance company. They have called me twice since I started CPAP a few weeks ago and each time have said that I am "in 100% compliance" with what my doctor expects me to do. From what I am led to understand, this is not usually the case so soon in the process. I credit this book for how easy this has been for me. The book is short and you will be able to get through it quickly and soon be on your way to getting a good night's sleep.

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Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) 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) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) How to Tolerate CPAP Therapy for Your Sleep Apnea NO CPAP NEEDED: CPAP Alternative Sleep Apnea Cure Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Life With CPAP: Central and Obstructive Sleep Apnea, Recent Advances in Therapy Life After CPAP: A Physician's Experience with Obstructive Sleep Apnea, the Most Commonly Missed Common Diagnosis in the U.S. Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days Hacking Sleep Apnea: 19 Strategies to Sleep & Breathe Easy Again Dental Sleep Medicine Basics: The Clinical Guide to Treating Obstructive Sleep Apnea The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy Get It Up! Revealing the Simple Surprising Lifestyle that Causes Migraines, Alzheimer's, Stroke, Glaucoma, Sleep Apnea, Impotence,...and More! What you should know about sleep apnea. An easy to understand guide. Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials)

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