

**WHAT YOU SHOULD KNOW ABOUT SLEEP APNEA. AN
EASY TO UNDERSTAND GUIDE.**

Marggrat Siragusa

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Sleep Apnea | HealthLink BC

Sleep apnea is a dangerous condition that can up your risk of heart disease and stroke. Experts weigh in on what you need to know about the.

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Everything you need to know about screening, diagnosis, and Learn about sleep studies, CPAP and other breathing machines, who should get screened, and more. Sleep The Ultimate Guide on How to Get a Better Night's Sleep and is a more portable and simple option than a CPAP machine.

Sleep apnea - Symptoms and causes - Mayo Clinic

A Guide to Understanding Your Sleep Study Neither you-nor the doctor treating you-will view more than a minuscule fraction of this data. "People do tend to get lost in the numbers," admits Dr. Rochelle Goldberg, . These indexes, Goldberg stresses, are not fuzzy concepts, but hard data generated by easily measured.

Nicholas DiFilippo (Author of What You Should Know about Sleep Apnea)

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And since postmenopausal women tend to have a higher fat mass compared to the period prior to menopause, their apnea risk climbs. Neck circumference.

Whatriskfactorsshouldyouwatchoutfor? Sleep apnea : A considerable impact on your health. Park has written three books on sleep and sleep disorders, and his podcast and work focuses on helping people sleep better and address potential sleep disorders. Find a Local Support Group A.

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