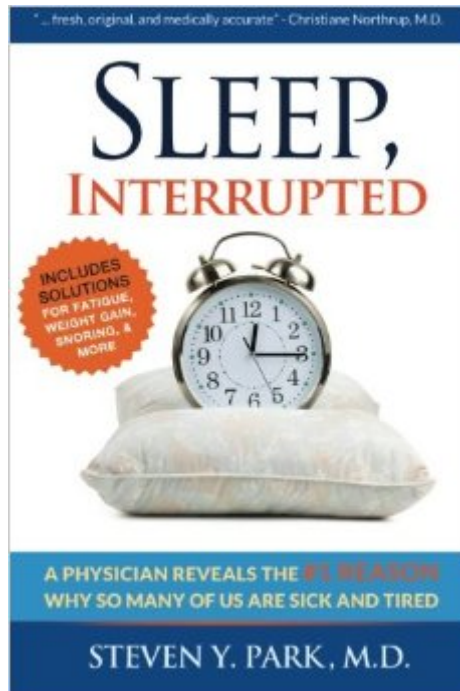


The book was found

Sleep, Interrupted: A Physician Reveals The #1 Reason Why So Many Of Us Are Sick And Tired



Synopsis

Maybe you're stressed out and tired, and have put on a little weight. Or you have persistent pain you and your doctor can't explain. Man or woman, you may be fighting fluctuating hormone levels. Or maybe you snore like a freight train. Anything that narrows the throat and interrupts sleep, particularly breathing problems brought on by sleep position, illness, life changes, or your anatomy, may be key to understanding a host of common health issues. In this groundbreaking book, Dr. Steven Park outlines a simple, rational explanation for what's making you sick, and provides guidance for treatment options that address specific health problems.

Book Information

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Customer Reviews

As someone suffering from sleep-disordered breathing (SDB) & insomnia for over a decade, and diagnosed with sleep apnea 5 years ago, I've read a zillion websites, articles, and books. This is the first one, since the first book I read, that substantially added to my understanding in a variety of ways. It's not just another list of good sleep habits, or signs of apnea and recommendations for CPAP, or a meditation technique that will miraculously cure your insomnia. In fact, as a compendium of interventions to try, it's not particularly comprehensive. But that's because the focus of the book is presenting a new, wider paradigm for the complex of SDB conditions and symptoms. Dr. Park connects a variety of existing studies - the co-occurrence of apnea & reflux, apnea & depression, the increase in heart attacks after surgery, sleep problems when pregnant - with his own observations from his clinical practice about how a variety of superficially unrelated conditions (sinusitis, PTSD, fatigue, depression) all seem to occur mainly in people who can't sleep on their back. He presents growing research that mild SDB - hard to find on a sleep study, yet with

mounting health impact over time - is yet another one of those chronic, subtle conditions that are surprisingly common and usually missed. Sleep is our body & mind's crucial time for recuperating and rejuvenating, and yet we have little understanding of how it works and how it fails. Dr. Park has made an extremely valuable contribution to growing that understanding. I call it a paradigm expansion, rather than a shift, because his work doesn't contradict any of the existing sleep research. Rather, he incorporates it into a broader set of feedback loops and co-occurrences.

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