

Breathless Sleep No More A Compelling Case Study



Breathless Sleep No More A

Breathless Sleep... no more: A compelling case study - Kindle edition by Paul Rodriguez. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Breathless Sleep... no more: A compelling case study.

Breathless Sleep... no more: A compelling case study ...

Breathless Sleep... no more [Paul Rodriguez] on Amazon.com. *FREE* shipping on qualifying offers. Breathless Sleep... no more is part memoir, part manual and part submission. It is a memoir of not only my personal struggle with severe sleep apnoea but is also an exploration of certain aspects of the science of this prevalent sleep disorder.

It is a manual - not in the classic ...

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Breathless Sleep...no more is more than a memoir. It recounts Paul's personal struggle over many years with severe obstructive sleep apnoea. Paul's story takes the reader down a path of anticipation, hope, despair, resolution and then new hope and symptom resolution.

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Breathless Sleep...no more is directed to people who either suffer from sleep apnoea or a breathing disorder which is affecting their sleep. It will benefit them and their partners, spouses, family and friends. It will explain how and why sleep apnoea happened to me. The 2 nd edition also contains: A new chapter on the benefits of my tongue-tie ...

Breathless Sleep...no moreLearn To Sleep Well

'Breathless Sleep... no more' - Book Review, April 2015. Reviewed by Jack Magnus for Readers' Favorite. Breathless Sleep... no more: A Compelling Case Study is a Health and Medicine memoir written by Paul Rodriguez. The author was a long-time sufferer of sleep apnea, as had been both of his parents.

Review of "Breathless Sleep...no more" by Jack Magnus for ...

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Book Review: Breathless Sleep... no more by Paul Rodriguez

2 quotes from Breathless Sleep... No More: 'Less is more' "You should breathe through your mouth as much as you eat with your nose."

Breathless Sleep... No More Quotes by Paul Rodriguez

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Paul Rodriguez (Author of Breathless Sleep... No More)

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