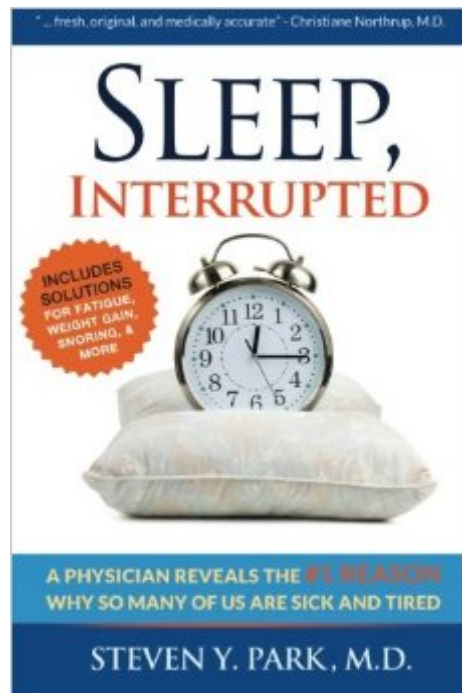


The book was found

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

Paperback: 264 pages

Publisher: Jodev Press, LLC (February 9, 2012)

Language: English

ISBN-10: 0980236738

ISBN-13: 978-0980236736

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (60 customer reviews)

Best Sellers Rank: #93,701 in Books (See Top 100 in Books) #73 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

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.

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

Sleep, Interrupted: A physician reveals the #1 reason why so many of us are sick and tired Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) 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) Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness (New Edition) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) 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) You're Sick, They're Not--Relationship Help for People with Chronic Illness and Those Who Love Them (Sick & Tired Series) The Elimination Diet: Discover the Foods That Are Making You Sick and Tired--and Feel Better Fast The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease The Sleep Lady®'s Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments To Cure Insomnia & Sleep Easy) Communion of the Sick: Approved Rites for Use in the United States of America Excerpted from Pastoral Care of the Sick and Dying in English and Spanish Man, Interrupted: Why Young Men are Struggling & What We Can Do About It How To "Ace" The Physician Assistant School Interview: From the author of the best -selling book, The Ultimate Guide to Getting Into Physician Assistant School Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Yo One God, Many Faiths; One Garden. Many Flowers The Laughing Cure: Emotional and Physical Healing—A Comedian Reveals Why Laughter Really

Is the Best Medicine The Blind Watchmaker: Why the Evidence of Evolution Reveals a Universe without Design

[Dmca](#)