

STOP

the

SNORE

Dental Solutions for HEALTHY SLEEP

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Stop The Snore: Dental Solutions for Healthy Sleep



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Your Snore is a cry for Help If you think sleeping poorly at night simply means feeling tired the very next day, you're set for quite an awakening. Sleep apnea? the most severe kind of sleep-disordered breathing? is a major cause of a multitude of medical issues and illnesses, stemming from a lack of oxygen in the bloodstream. Fortunately, this problem may be easily solved with help from...your dental practitioner? In *Stop the Snore!* • That's correct. Sambataro's knowledge and expertise to answer all of your questions. Sambataro reaches the root of your tiresome problems. By explaining with easy-to-understand research, Dr. Gene Sambataro, DDS? a person in the American Academy of Dental Sleep Medicine? delves in to the world of dentistry and oral health care that can lessen or prevent sleep apnea. Within these pages you will see the reasons you have anti snoring, along with the dental solutions you have to lay them to rest. From recognizing you have sleep apnea and having it diagnosed to finding a comprehensive dental care company for you, this book is filled up with Dr. Dental care Solutions for Healthy Sleep, Dr. Today it's yours for the taking. It's time and energy to put your sleep issues to bed and enjoy your life!



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After reading this guidebook, the reader who's sleeping poorly could have a much more thorough understanding not merely of what's causing his rest to lack quality, but also have the ability to better know what therapy or therapies can help solve the problem. I experienced no idea there is a link between my snoring, high blood pressure, sugar cravings, and brain fog. An Excellent Information to Promoting Healthy Sleep This book is similar to finding a personal consultation from Dr. THIS Publication SAVED MY LIFE! We honestly believe this publication SAVED MY LIFE! Gene Sambataro reveals a frightening epidemic in sleep apnea and how thus many chronic illnesses could be tied to insufficient breathing. My husband said my snoring experienced gotten progressively worse over the last few years that i blamed on the extra 30 pounds I'd obtained with menopause. Sambataro, who offers an extensive evaluation of the causes and feasible solutions for a number of sleep disorders, including snoring and sleep apnea. Took the recommended House Sleep Study and was identified as having sleep apnea. Currently treating my sleep apnea with a combination of the NightLase laser beam therapy, an oral appliance and a CPAP (ideally the CPAP is only temporary). Feel better than I have in years, plenty of energy and also beginning to lose a few of my excess weight. Thanks a lot for writing this groundbreaking publication, Dr.. Informative It was an easy read.. Five Stars After my husband examine this book it helped him understand the importance of treating his sleep apnea ! Gene Sambataro reveals a frightening epidemic in anti snoring and . Informative and useful details, delivered via narrative predicated on actual patients. Sambataro! No kidding here. The stories of how so many lives are affected are touching but also a wake up call. Well written.



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