

Hello Friend,

If you are reading this book you may be suffering from **Sleep Disorders or Sleep Apnea.**



Hopefully the information in this book will help you with your problem..Soon you will be enjoying Sweet sleep every night. The Causes and Treatments found in this eBook are for reference only!! If you suspect you have a sleeping disorder you should consult a medical health professional. I am sure that once you find out what's keeping you from enjoying a great nights sleep and address the problem, that you will feel like a new person, filled with renewed energy and able to enjoy every day of your life to the fullest, without feeling tired, depressed, dragged out, confused, unable to concentrate etc. I once suffered from lack of sleep and after proper diagnosis and treatment I am now able to sleep deep and sweet, every night.

Net-eBooks

Yes there is good news!!!

This eBook will discuss
Many ways to Understand
Answer and Overcome
Your **sleep** problem..
Important Topics

Catastrophe Guide, Cancer
Restoration, Dating Commando Etc..

valuable Books are also available!!

Net-eBooks will be publishing **ebooks** on many
Including, **Sleep Disorders, Insurance**
And Alternative Treatments, Hair

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- **Sleep Apnea Quiz.**
- **Insomnia Quiz.**
- **Insomnia Info**

- **Chronic Insomnia**
- **Inactive Behavior..**
- **Periodic Leg Movements.**
- **Good Sleep Habits.**
- **What's Your Biological Time?**
- **What Is OSA?**
- **CPAP Treatment for OSA/Conclusion/Disclaimer**



SLEEP APNEA Quiz..

1. My bed partner complains that I snore.
2. My bed partner says I hold my breath while asleep.
3. I wake at night gasping for breath .
4. I have no energy in the daytime.
5. I'm tired all the time.
6. I wake up at night with a dry mouth.
7. I often wake in the morning with a headache.
8. I'm at least 20 lbs. overweight.
9. I have high blood pressure
10. I sweat a lot at night.
11. I wake up with my heart pounding.
12. I wake up with my heart skipping beats.
13. I'm losing interest in sex.
14. I can't stay awake during the day.
15. I can't concentrate on my work.
16. I have had work accidents because I'm tired.
17. I'm irritable most or all of the time.
18. My neck collar size is larger than 17".
19. I've fallen asleep while driving at night.
20. I have to pull off the road to nap.

1-20 Score 3 or more YES answers, you may have Sleep Apnea -a potentially serious breathing disorder that can lead to heart attack, stroke or high blood pressure in later life.