



Deadly Sleep: Is Your Sleep Killing You? (Paperback)

By D Jones MD Mack D Jones MD, Mack D Jones MD

iUniverse, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.After surviving his own personal adventure with Sleep Apnea, Dr. Mack Jones wants to pass on to others what he learned so that they might avoid the many pitfalls that he encountered. Who has Sleep Apnea? What are its consequences? How do you detect Sleep Apnea and how can you stop it? In Deadly Sleep: Is Your Sleep Killing You?, Dr. Jones answers these vital questions. While discussing the basics, he emphasizes an area that has been overlooked or outright ignored; the discovery that Sleep Apnea is one of the likely causes of Alzheimer s disease. But Sleep Apnea is also the likely cause or major contributor to a host of other life-threatening diseases and disorders that have been plaguing us for thousands of years. The consequences of Sleep Apnea are astounding. Its effects on the victim and on society are catastrophic. It is time to wake up to this deadly disorder and put an end to it.

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