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COPING WITH SNORING AND SLEEP APNOEA (PAPERBACK)



SPCK Publishing, United Kingdom, 2010. Paperback. Condition: New. Revised edition. Language: English. Brand New Book. Snoring is no joke! It can interrupt sleep and make days miserable, and wreak havoc in close relationships. And sleep apnoea, which causes severe daytime sleepiness, is a real danger to health and can wreck lives - sometimes literally in the case of tired driving. If you've had enough of people making jokes about your snoring, or you are the long-suffering partner of...

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- Authored by Jill Eckersley
- Released at 2010



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