



## The Truck Bus Driver Sleep Apnea Handbook: What Every Otr Driver Needs to Know about Sleep Apnea

By MR Bruce Maxim

Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you drive a vehicle on public roads, you need this information. If you are a truck driver or a bus driver and operate a commercial vehicle to earn a living, this handbook is must have knowledge. An OTR driver is particularly prone to irregular sleep patterns, will frequently physically reflect a truck stop diet or be at least somewhat overweight and void of a quality level of fitness, and is still highly likely to be a smoker. All of that and more is consistent with developing a sleep disorder, especially sleep apnea. What comes first.heart disease, stroke, diabetes, hypertension, obesity, headaches, memory loss, depression, acid reflux, erectile dysfunction and a host of other maladies.or sleep apnea? How many commercial vehicle accidents and deaths each year are due to sleep issues? Why are commercial drivers afraid to be tested for sleep apnea and why will they ignore all of the associated health risks rather than compromise their commercial driver license status? This book is designed to get you past that fear and to get you to voluntarily seek..



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