



Restless Nights: Understanding Snoring and Sleep Apnea

Peretz Lavie

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This title is useful for people who snore. People with severe sleep apnea may struggle for breath all through the night, not breathing for as long as 90 seconds at a time during their sleep. This syndrome, which affects at least four percent of men and two percent of women, can cause daytime fatigue, traffic and work accidents, deteriorating cognitive abilities, and cardiovascular problems. In this book Peretz Lavie, an expert in sleep research, provides an accessible discussion of the history, physiology, and risk factors of sleep apnea.



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