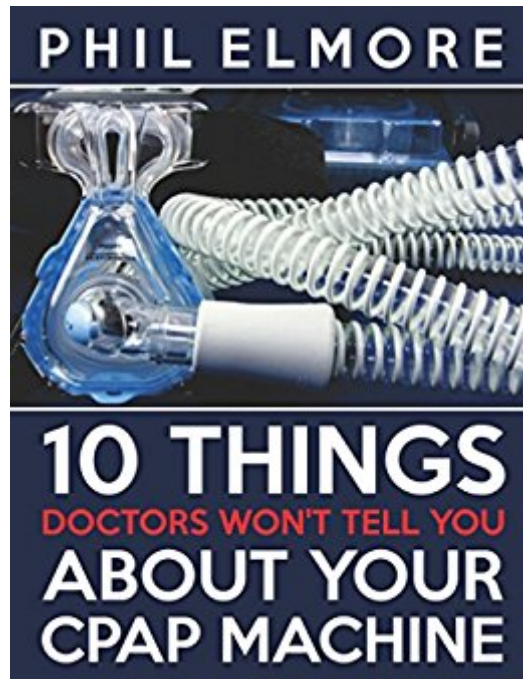




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Ten Things Doctors Won't Tell You About Your CPAP Machine



Synopsis

Millions of Americans suffer from sleep apnea. The most common treatment is Continuous Positive Airway Pressure, or CPAP therapy. But adjusting to a CPAP machine can be very difficult for many people, especially those who feel humiliated or intimidated by the experience. Quite a few Americans who have been prescribed a CPAP machine don't feel like they can sleep wearing a CPAP mask. The fact is, most doctors and sleep clinics do a poor job of preparing their patients for what's to come when learning to "live on life support" with a CPAP. In this brief booklet, prolific author Phil Elmore explains ten things he wishes he'd known before he started CPAP therapy -- and which just may help you on your own journey as you adjust to using a CPAP machine when you sleep.

Book Information

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Customer Reviews

I've been fighting the idea of getting a cpap machine for a few years now. I went to the dr and even had two sleep studies (one without a CPAP and one with). I still did not want one. After reading the

book I've decided to go through with it and do all that is necessary to get it so it works for me. I'm still several weeks from actually getting my own CPAP machine but at least now, because of this book, am committed to following through with it.

I have been using my CPAP for about 70 Days now, so nothing was particularly earth shattering or new for me. It would have been more useful if I had found the book before the sleep study or starting CPAP therapy. The usefulness of this book is that it reassured me I was having a normal "adjustment to CPAP therapy" experience. It was an easy read of about an hour at most.

Elmore seems to have suffered from every CPAP adjustment problem, while many of us experience none or few of them; doesn't matter. If you have sleep apnea, CPAP WILL save your life, IF you take the sleep study in time. Additionally - without going into personal experience! - your family and friends may just find out that you aren't really an a\$\$hole. Well worth finding out.

I have recently been diagnosed through a sleep study as having severe obstructive sleep apnea with an AHI of 50. I will soon be starting my lifelong affair with a CPAP machine and have found this monograph a great source of insight into what I am headed for and the hope that things will get better. It is an excellent layman's read on OSA and starting life with a CPAP.

I think the author has done a good job documenting the important aspects relative to both the need for as well the process of adjusting to a CPAP machine.

A very realistic view of using a CPAP from someone who has been there. I would recommend this to anyone who is planning to use a CPAP machine as the companies who sell them imply instantaneous results. Yes, that does happen for some users but others will take quite a while to get the benefits and may give up. Maybe the best \$0.99 I've spent in years! :o) And yes, you can read it on an Apple product with a free app.

It helped me to decide to use a CPAP for my sleep apnea. The book was very informative on the condition of sleep apnea and the use of a cpap machine.

This is the kind of guidance that you will need if you want to help Someone you love with sleep apnea.

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