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**Menopause, Andropause And Other Hormone Imbalances**  
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## How To Cure Sleep Apnea

By Alan Schill

If you are reading this, then you obviously want to know how to cure sleep apnea. You are not alone. Many sufferers around the world are just like you. They are exhausted from lack of sleep, irritable during the day to their friends and loved ones and commonly find themselves unable to concentrate on everyday activities that previously went without notice. But, the good news is that you no longer have to miss sleep and take off from work because you are too exhausted. There are ways that you can cure sleep apnea and, best of all, you can start tonight.

Do you sleep on your back every night? If so, it is time to try something new. When you go to bed tonight, immediately turn over on your side and try to fall asleep. Researchers believe that individuals who sleep on their back are more susceptible to sleep apnea because it is easier for their airways to be blocked by the muscles and tissue in their throat. If you sleep with one standard pillow, try using two. By elevating your head even a few inches, you may help to lessen your chances of having airway blockage.

One of the most effective ways to cure sleep apnea is through weight loss. Obesity is one of the leading causes of sleep apnea and, therefore, is a large part of it's cure. By beginning a well-balanced program consisting of diet and exercise, you will not only be helping to cure sleep apnea, but also taking a big step toward warding off future illnesses associated with obesity.

It is important to remember that only a physician can properly diagnose sleep apnea. This is confirmed through a series of questions and possibly a sleep study, which is when the patient spends the night at a sleep center where their breathing patterns are monitored. After every possible attempt to cure sleep apnea has proven unsuccessful, a physician may recommend surgery. Before electing for surgery, the patient should be aware of all risks associated with the procedure. At the same time, it is very important to cure sleep apnea or suffer the increased risks of heart disease, stroke and other serious illnesses. Many physicians will recommend use of a device called a Continuous Positive Airway Pressure (CPAP) device, which provides continual air pressure for the sufferer throughout the night. Some users of the CPAP machine find additional comfort with the Sleep Genie, which helps the mouth to remain closed and prevents the escape of the CPAP air treatments. While not intended as a cure for sleep apnea, the Sleep Genie often provides for better quality sleep to sufferers.

## How To Cure Sleep Apnea

This article is intended for informational purposes only. It should not be used as, or in place of, professional medical advice. Before beginning any treatment for snoring, please consult a doctor for a proper diagnosis and remedy.

A new anti-snoring scientific breakthrough is rapidly changing the lives of ex-snorers... because the first night you use it, it stops snoring! Visit

<http://www.SleepGenie.com>

for more information!

### **Symptoms Of Sleep Apnea**

**By Alan Schill**

It is often hard to differentiate between snoring and a serious medical condition known as sleep apnea. However, there are definitive symptoms of sleep apnea if you know what to look for. Snoring, for instance, is a distracting occurrence caused by vibrations from fatty tissues rubbing against the back of the throat.

Sleep apnea is much more serious and may be recognize by the presence of heavy snoring, pauses between breaths, etc. A spouse may be the best source of information relating to these, but the apnea sufferer will instantly recognize the absence of breath through the night.

One of the symptoms of sleep apnea is the complete loss of air on multiple occasions throughout the night. It is a known fact that sufferers actually stop breathing on more than on occasion.

As a result, the sufferer may awake short of breath, choking or gasping for air, etc. They may not realize what has happened at first, but may start to recognize a pattern of shortness of breath and discomfort during the night.

Sleep apnea is often recognized in other ways, as well. One of the less obvious symptoms of sleep apnea is fatigue, which is also present in so many other ailments. Fatigue exists due to the disruption of sleep and/or inability to fall asleep. Additional symptoms of sleep apnea may include headaches, the inability to concentrate on everyday activities, exhaustion, irritability, etc.

The symptoms of sleep apnea are noticeable if you are familiar with them. However, even if symptoms of sleep apnea are present, only a physician can properly diagnose the disorder. A series of questions and a sleep study may be ordered during the evaluation period.

It is very important to receive an early diagnosis because, if left untreated, sleep apnea can lead to other serious medical conditions. Among them, heart disease, an increased risk of a stroke and more.

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