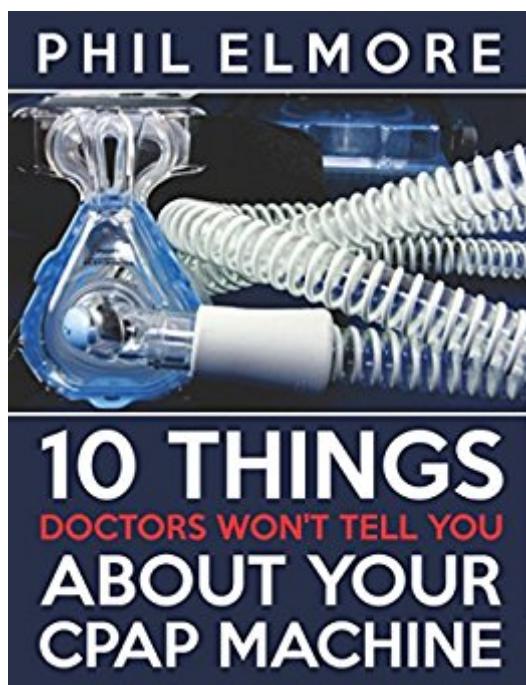


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# Ten Things Doctors Won't Tell You About Your CPAP Machine



## **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**

Truth is seldom appealing, and rarely funny, but always important. Phil Elmore's eBook is all of the above, and I wish I had had it to read some twenty years ago, when I was starting my rest-of-my-life-long affair with Obstructive Sleep Apnea (OSA). All the ignorance, self-deception and

sickness I went through could have been abbreviated or even prevented, if I had had this to read, back then. Sleep Apnea is snoring taken to a level beyond where it annoys and repels the people unfortunate enough to sleep within earshot of you, to where it begins to shorten your life and lower the quality of that life so much that the shortening almost seems like a favor. Compared to the severity of the effects on your health and the quality of your life (and the lives of those around you), the treatment for OSA is a dreamless, restful nap. But you don't know that going into the doctor's office, and you may not be lucky enough to find out on your own. This is where Phil's book comes in. Phil went through all of that, and expresses it so well that I can't imagine there are too many sleep apnea patients who can't identify, appreciate, and -- oh, yes -- laugh at his first-person account of the disease, and the treatment. Certainly, for anyone who snores enough that it is a problem, or tries to sleep near to someone who does, "Ten Things Your Doctor Won't Tell You About Your CPAP Machine" is going to tell you a LOT more than just about your new, or soon-to-be constant sleeping companion, the CPAP machine. You are one among millions diagnosed with Sleep Apnea, and for all those millions of us, there are millions more who SHOULD be diagnosed and treated, but haven't been, largely because they don't know they're "sick."

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