



No More Snoring: A Proven Program for Conquering Snoring and Sleep Apnea

By Victor Hoffstein, Shirley Linde

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Expert help for the millions of Americans who suffer from chronic snoring.

Drowsiness, irritability, and congestion. Memory and concentration problems. Decreased alertness and productivity. Increased risk of high blood pressure, heart disease, migraines, and strokes.

The ravages of snoring are all too familiar, yet easy to prevent.

In No More Snoring, one of the world's leading snoring specialists provides you with a proven, step-by-step program to cure your snoring problem. This expert guide includes advice on:

- * The most common risk factors and what to do about them
- * The latest highly successful treatments developed at the renowned sleep disorders center at St. Michael's Hospital
- * Simple lifestyle changes, home remedies and treatments--including the "snore ball" and the CPAP machine--to try before considering surgery
- * The cost, benefits, risks, and suitability of various surgical options, including laser, UPPP, and new outpatient radiofrequency surgery.

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Editorial Review

From the Back Cover

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About the Author

VICTOR HOFFSTEIN, M.D., Ph.D., heads the Division of Respiriology and the Sleep, Nose, and Sinus Clinic at St. Michael's Hospital in Toronto. He has published over 150 professional articles and is a frequent guest on radio and television.

SHIRLEY LINDE, Ph.D., is a medical writer and coauthor of 15 books, including the national bestsellers *No More Sleepless Nights* (Wiley) and *Dr. Atkins' Superenergy Diet*.

Users Review

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Reading can called mind hangout, why? Because if you find yourself reading a book specially book entitled

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