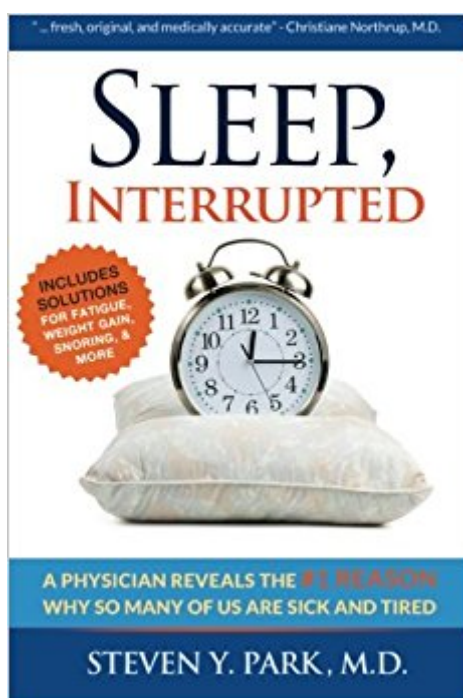


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# Sleep, Interrupted: A Physician Reveals The #1 Reason Why So Many Of Us Are Sick And Tired



## Synopsis

Maybe you're stressed out and tired, and have put on a little weight. Or you have persistent pain you and your doctor can't explain. Man or woman, you may be fighting fluctuating hormone levels. Or maybe you snore like a freight train. Anything that narrows the throat and interrupts sleep, particularly breathing problems brought on by sleep position, illness, life changes, or your anatomy, may be key to understanding a host of common health issues. In this groundbreaking book, Dr. Steven Park outlines a simple, rational explanation for what's making you sick, and provides guidance for treatment options that address specific health problems.

## Book Information

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## Customer Reviews

There are many good books on better breathing. But none of them address why you need to breathe well when sleeping. Let Dr. Steven Park, an ENT physician, show you how you can breathe better while sleeping. Not only will this improve your energy, it can also save your life. --Christiane Northrup, M.D., Author of New York Times bestseller, *The Wisdom of Menopause* Both patients and physicians must read Dr. Park's unique and enlightening perspective on health issues related to poor breathing. --Dean Ornish, M.D., Author of New York Times bestseller, *Dr. Dean Ornish's Program for Reversing Heart Disease* The unique concepts presented by Dr. Park questions traditional models of health and disease and challenges physicians and patients alike to be inspired towards better health. --Mark Liponis, M.D., co-author of New York Times Bestseller, *Ultraprevention* Mark Liponis, M.D., co-author of New York Times Bestseller, *Ultraprevention*

Dr. Steven Y. Park is an author and surgeon who helps people who are always sick or tired to once

again reclaim their health and energy. For the past 10 years in private practice, he has helped thousands of men and women breathe better, sleep better, and live more fulfilling lives. His passion is to identify and empower people to overcome sleep-related breathing problems, which most people don't realize is the real reason for many of their common medical ailments. He received his undergraduate degree from The Johns Hopkins University and his medical degree from Columbia University's College of Physicians & Surgeons. He is a published author of the book, *Sleep, Interrupted: A physician reveals the #1 reason why so many of us are sick and tired*. It was endorsed by numerous New York Times best-selling authors such as Dr. Christiane Northrup, Dr. Dean Ornish, and Mary Shomon.

This book literally saved my life. My dentist said my grinding could indicate sleep apnea. So I Googled sleep apnea to learn about it and came across Dr. Park's book. I watched him on youtube so I bought the book. I saw myself in the book in my 20s and now in my 50s. I've had chronic insomnia all that time. No doctors have ever suggested a sleep study but I insisted on one. Sure enough I have severe sleep apnea. I got a CPAP and I am a new person. Dr. Park, thank you for writing this book so a lay person can understand. Now I know what was wrong with me all those years.

An excellent read not only for sleep apnea sufferers but for people in general. Sleep disordered breathing is already highly prevalent and increasing at the same time. Most cases, however, go undiagnosed. After reading this book, I was able to determine that my 5yo daughter is probably one of those cases. Two ENTs, two Pediatricians, and a handful of dentists all missed it. Even I missed it, with sleep apnea, until I read the book (it presents differently in children). Read this book so you can recognize the symptoms. The medical system will eventually catch up but it will be decades before we get there.

As a practicing Internal Medicine and Anti-Aging doctor, I cannot begin to tell you how important this book is for everyone. *Sleep Interrupted* is an eye-opening book, not only for the layman, but for the entire medical profession. There is not a specialty in medicine that would not benefit from the information in this book because sleep-disordered breathing (SDB) can cause just about any medical problem. Dr. Park writes in layman's terms, but the information he reveals is essential to all practicing doctors. If you have ANY medical condition, there is a good chance that it is related or fully caused by SDB, and that your doctor is unaware of SDB or upper airway

resistance syndrome (UARS). It does not matter if you had a negative or "normal" sleep study; there is a good chance you have SDB, UARS, or even sleep apnea that is "missed" by the sleep study. This book gives the evolution of sleep disorders in humans, and details how SDB causes numerous medical conditions; it also discusses sensible treatment options. Dr. Park is dedicated to raising awareness of this ubiquitous problem that most doctors never even consider in treating their patients. This book will make me a better doctor- it is a must read for laymen and physicians alike !

This is a must read for anyone with sleeping problems. And I've read most sleep books out there. Everything...everything in this book rang true for me. Now on a CPAP plus nasal strips and using a nasal spray for nonallergic chronic rhinitis, I'm getting sleep because my nostrils are clear and I'm actually remembering dreaming at night. Although I still wake up a lot, I have way more energy. It took me quite a while become fully compliant with the CPAP, and I didn't experience the overnight transformation that many do once they get a CPAP. It still is uncomfortable, and I rip it off once in a while but having the nasal strips on helps when that happens.

Very well explained. The author doesn't dwell on one subject too long (CPAP). I wish there was a little more from the dental perspective, but his mandibular advancement segment was good. I just wanted more. Being treated by dentists for OSA is a growing trend.

I have been suffering from headaches and fatigue for two years, and after my doctor asked about how I was sleeping, I was intrigued and I read this book and became convinced that a sleep disorder was a likely culprit. I talked with a sleep specialist and had a sleep study done, and it turns out I was right- I had two overlapping sleep disorders. This is a very accessible but not condescending book about the effects of sleep disorders and the spectrum of their severity. It is a quick read, so you can get through it quickly and start to address your sleep issues right away. There is a good list of the symptoms and health problems caused by sleep disorders that are often associated with other health problems and therefore sleep may be overlooked. It is a broad range, and the author does a good job of explaining how sleep disorders can lead to these other health problems, not just saying that there is a connection but going into the mechanisms. For more in depth coverage of sleep and sleep disorders I highly recommend Dr. Dement's "the Promise of Sleep," but that is a much longer and denser read (though very informative and interesting). There is clearly not enough knowledge of sleep disorders in the public and even among most physicians, I

have learned from these books and my own experience. I never knew how much sleep disruption can be linked to so many health problems- not just fatigue, but high blood pressure, heart attacks, and so much more, yet poor sleep is often overlooked as the cause. If you or someone you know is always tired, or halts breathing in the night- get this book! It will convince you/them to do something about their sleep and improve their health.

Outstanding book! I'm a dentist who treats sleep apnea and I thoroughly enjoyed this book that is written for ANYONE interested in a subject that is dangerously misunderstood by most people. If you, or anyone you know has, or might have sleep apnea you owe it to yourself to read this book.

Concise, clearly written for laymen. I wish I had read this 20 years ago when my husband was diagnosed with severe apnea and did nothing about it. I would have made him do something. Now he has PD and heart failure with all the attending anxiety, insomnia, a fib, etc. I am sure these were if not caused by apnea, certainly exacerbated by it and a lot of problems could have been avoided.

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