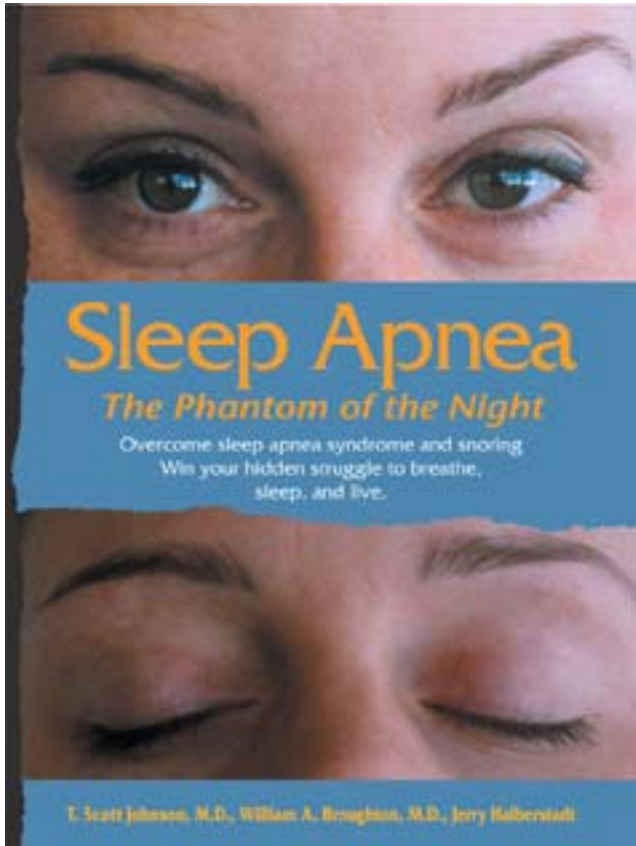


Sleep Apnea—The Phantom of the Night

T. Scott Johnson, M.D., William A. Broughton M.D., and Jerry Halberstadt
with contributions by B. Gail Demko, DMD and Forewords by Carl E. Hunt, M.D., Director, National Center on Sleep Disorders Research (NIH), William Dement, M.D., and Colin Sullivan, M.D.



and managing treatment. The Forewords are by Colin Sullivan, developer of the most widely used treatment for sleep apnea; William Dement, pioneering leader in sleep medicine, and Carl E. Hunt, Director, National Center on Sleep Disorders Research (NIH).

Sleep Apnea—the Phantom of the Night. Johnson, Broughton, Halberstadt. ISBN 1-882431-05-7 Paper, 2003, 8.5 x 11," 336 pages, illustrated, bibliography, index. Order from publisher, List Price \$40.00. (Save on orders to the publisher, use coupon).

✦ Introduction and Chapters 1–3 give a clear, accurate, in-depth explanation of this “phantom of the night,” including sleep apnea, snoring, and other disorders of breathing during sleep. What are the possible dangers of untreated sleep apnea? How can you find help? The rest of the book is designed to answer your specific questions and solve your problems as they arise.

✦ Most important, it will help you to work with your health care providers (primary care doctor, home care provider, and sleep specialist) to assure your health and well-being. ✦ Chapters 4–5 What happens during the overnight sleep studies used to diagnose and treat sleep disorders? ✦ Chapters 6–7 How does treatment work? What can you do to get the most benefit?

✦ Chapters 8–10 How can you choose the best treatment? The authors review and evaluate all treatments including CPAP, bi-level, and intelligent (auto) positive pressure treatment devices, surgery, and oral devices. What can you do to improve your sleep? ✦ Chapter 11 Frequently Asked Questions including a new CPAP troubleshooting guide ✦ Chapter 12 Children and adolescents can also have sleep problems. ✦ Chapter 13 covers scientific advances and public health issues. ✦ Other topics include travel, precautions for surgery, survey of equipment, Internet resources, directory of organizations and manufacturers.

✦ For more information including reviews, table of contents, and selections: www.HealthyResources.com

✦ FREE Newsletter at SleepApneaNewsletter.com ✦

Do you suffer from the “Phantom of the Night?”

- Do you snore loudly each night?
- Do you have frequent pauses in breathing while you sleep (you stop breathing for 10 seconds or longer)?
- Do you have headaches in the morning?
- Are you very tired or sleepy during the day?
- Do you fall asleep easily during the day?

If you answer “yes” to any question you may have sleep apnea, or you may already have a diagnosis or be in treatment. The answers to your questions and a guide to recovery are in *Sleep Apnea—the Phantom of the Night*, designed to help you overcome sleep apnea.

Sleep apnea disrupts the lives of millions of unsuspecting victims. Their struggle to breathe during sleep is a major cause of daytime sleepiness, accidents, poor health, lost years of productivity and happiness, and even death. Two doctors and a patient guide people with snoring and sleep apnea to take advantage of dramatically effective medical treatment. They explain sleep as well as sleep apnea, how to recognize apnea, obtain a diagnosis, treat it, and overcome social, physical, or emotional obstacles to recovery.

About the authors: Johnson has been the medical director of several accredited sleep labs. Broughton is the medical director of the accredited University of Alabama Knollwood Sleep Disorders Center. Demko is a dentist who specializes in oral appliance therapy for apnea. Halberstadt has personal experience living with sleep apnea



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eaders praise *Sleep Apnea—the Phantom of the Night*

“The disease has had extraordinary impact upon my life, affecting my personality, relationships, family, and career. You bring a profound message of hope. You communicate how the disease can be controlled and bring about the resurrection of the individual’s life.”—Lawrence Larsen, *Software Engineer treated for sleep apnea.*

“Thanks again for your wonderful book...it changed my life! You have made the information so accessible—this book really fills the bill for lay readers. And I’ll bet a lot of doctors and therapists could learn from it as well. I appreciate your being so candid about Jerry’s own experiences; in a way that provided me with a ‘support group.’ When I discovered that I was removing the treatment mask at night, I wanted to shrug and say ‘What can I do about that? I can’t be responsible for what I do in my sleep.’ But, based on what I learned, I’ve become dedicated about using my treatment machine. Also, the chapter on sleep in children is a gift. I was surprised to learn that apnea can be a family trait. I noticed my 14-year-old grandson has episodes that sound like apnea. His symptoms cry out for diagnosis and treatment.”
—RL

“Brings a profound message of healing and hope to millions of people who suffer needlessly. Snoring and sleep apnea interfere with the normal processes of sleep and sleep is essential to health and life. This book presents, accurately and clearly, paths to diagnosis and effective treatment of sleep apnea.”—William Dement, M.D., *Chairman of the National Commission on Sleep Disorders Research.*

We use this knowledge to manage the problem and improve our lives. Now, whenever we have questions we

refer to your book, sometimes we read it together. Thank you for giving us such a powerful tool! —Mrs. Larsen

I woke up gray in color, got exhausted taking a shower, and fell asleep during breakfast. I didn’t think anything was wrong with me. “This must be middle age,” I thought. No wonder my father had been so grouchy. My father’s snoring and lapses in breathing caused everyone in the house to sleep with their pillows pressed to their ears. My father snored and gasped. I snore and gasp. What could that have to do with feeling lousy all the time? Turns out there was a connection. Read this book and find out what it is.

—Daniel Pinkwater, *Author and National Public Radio Commentator*

“I believe that the book should be read by every primary care physician—so that they can hear about sleep apnea from the sufferer’s perspective. Of course the book is a must for everyone with sleep apnea and their families.”—Colin E. Sullivan, M.D., *pioneer apnea physician and researcher*

“There is more scientific, clinical, and practical information for the health-care professional in *Phantom of the Night* than is provided in all but a small percentage of medical, respiratory, and nursing schools.”—Pamela Minkley, CPFT, RRT, RPSGT; *Review in: Respiratory Care.*



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