

**CONQUERING YOUR OWN SLEEP APNEA THE
ALL-NATURAL WAY**

Timothy G. Russey

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What exactly are these treatments, you ask? The most rigorous studies are small or don't follow patients for longer than six months, said Dr. It was a bad sinus infection which prompted him to seek medical care, and which led to his sleep apnea diagnosis.

It may be pollution from various sources. Sleep Disorders. These "sleep attacks" can occur while eating, walking or driving.