Relief from Snoring and Sleep Apnea
A step-by-step guide to restful sleep and better health through changing the way you breathe
Tess Graham

Do you wake up feeling as if you haven’t slept at all? Has your snoring seen you banished to the spare room? Is your blood pressure up and your energy down?

Poor sleep due to snoring and sleep apnea is a common curse. If left untreated, these sleep disorders can lead to sleep disruption, relationship breakdown, concentration and memory problems, drowsiness, impaired work or school performance, irritability, sexual dysfunction, high blood pressure, heart disease and stroke. The statistics are alarming:

- 50% of adults snore
- 25% of pregnant women snore
- 25% of children snore
- 25% of chronic snorers could have sleep apnea
- Snoring is the third leading cause of divorce
- Driver fatigue factors in 40% of road accidents

What is the one thing in common in all snorers and sleep apnea sufferers? Incorrect breathing
There are no exceptions.

Many people have gone to drastic lengths to fix these conditions – going to expensive clinics, buying elaborate equipment, and undergoing surgery – when in fact the solution could be as simple as changing the way you breathe.

In *Relief from Snoring and Sleep Apnea*, physical therapist and breathing educator, Tess Graham reveals how to get quiet, restful sleep and better health - through changing the way you breathe. After 20 years of clinical experience, Tess Graham has helped thousands of sufferers. In this practical guide she reveals the 9 healthy breathing habits that can help you to overcome the dysfunctional breathing linked to sleep apnea and snoring. Her five-day program is quick, easy-to-follow and effective.

The first part of this book lays out the evidence that faulty breathing habits are a primary cause of snoring and sleep apnea. The second part delivers commonsense, practical advice on how to improve your breathing, your health and your sleep – starting while you read. It can be as simple as taking your next breath … differently.

Most people feel the difference within a week. Many sleep better and quieter, from the first night.

Foreword to the book is written by internationally-renowned cardiologist, author and health-media presenter, Dr Ross Walker.

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