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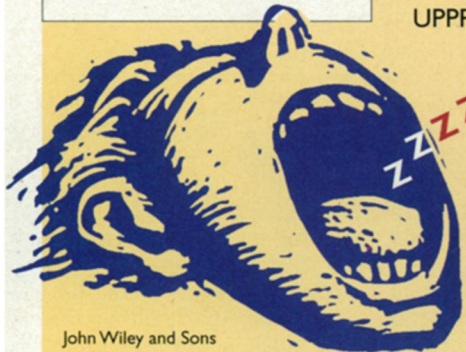
Sleepy Surprises



A Proven Program for
Conquering Snoring and Sleep Apnea

NO MORE SNORING

VICTOR HOFFSTEIN, M.D.
Director of the Sleep, Nose, and Sinus Clinic, St. Michael's Hospital
SHIRLEY LINDE, Ph.D.
Coauthor of *No More Sleepless Nights*



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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 preventable.

In *No More Snoring*, one of the world's leading snoring specialists, Victor Hoffstein, head of the Division of Respirology and the Sleep, Nose, and Sinus Clinic at St. Michael's Hospital in Toronto, provides a step-by-step program to address 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 his clinic
 - Simple lifestyle changes, home remedies, and treatments—including the "snore ball" and the CPAP machine—to try before considering surgery
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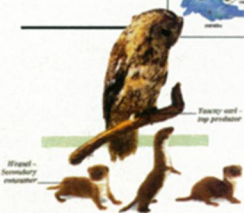
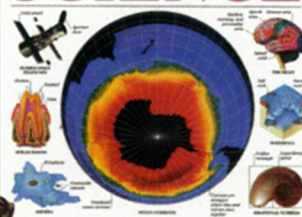
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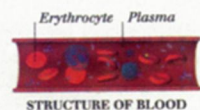
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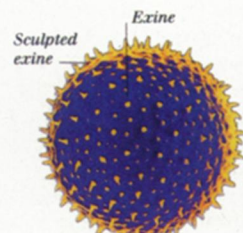
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