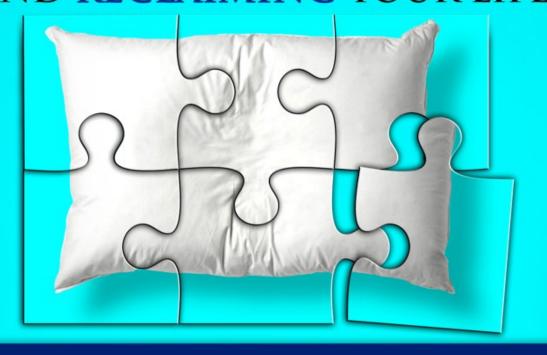
"ANOTHER VALUABLE AND INSIGHTFUL BOOK FROM DR. PARK."
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TOTALLY CHAP

A SLEEP PHYSICIAN'S GUIDE TO RESTORING YOUR SLEEP AND RECLAIMING YOUR LIFE



STEVEN Y. PARK, M.D.



FINALLY, SOLUTIONS FOR YOUR CPAP STRUGGLES



Are you struggling with CPAP? Is your friend or relative sleeping like a baby with CPAP, but you're still struggling to get one good night's sleep with your machine?

In fact, millions of people use CPAP successfully every night, wake up well rested and live optimal, fulfilling lives. In Totally CPAP, Dr. Park reveals the characteristics of these successful CPAP users, and takes you step-by-step through a proven system that can dramatically increase your chances of getting a great night's sleep.

IN THIS BOOK, YOU'LL LEARN:

- The top 15 most common problems when starting CPAP and how you can avoid them altogether
- Why CPAP can sometimes worsen your sleep if you don't take this ONE piece of advice
- A step-by-step, easy-to-follow strategy that will significantly improve your chances of success with CPAP and get more quality sleep
- The ONE thing you can do to increase CPAP use every night by up to 5 hours
- When is the right time to give up on CPAP and try alternative options?

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Steven Y. Park, M.D. is board certified in both otolaryngology and sleep medicine. He is the author of the Amazon best seller, Sleep, Interrupted: A physician reveals the #1 reason why so many of us are sick and tired. His blog, doctorstevenpark.com, was rated a "Top 10 Online Influencer of Sleep Discussion" by sharecare.com, "Best Sleep Disorder Blogs" by healthline.com, and "Winner, Best of Doctor Sites" by Pacific Medical Training.

