



## List of Books on Sleep Apnea

- **Hacking Sleep Apnea** - the undeniable truth on which therapies actually work by *Brady Nelson, RRT*
- **Empowered Sleep Apnea: A Handbook for Patients and the People who Care About Them** by *David E. McCarty, MD FAASM*
- **Freedom from CPAP: Sleep Apnea Hurts, the Cure Doesn't Have To** by *David G. Dillard, MD and Mayor Patel, DDS, MS.*
- **The 8-Hour Sleep Paradox: How We Are Sleeping Our Way to Fatigue, Disease and Unhappiness** by *Mark Burhenne, DDS*
- **Sleep or Die: Overcome Apnea Before It Overcomes You** by *William E. Headapohl and Jon Warren Lentz*
- **Deadly Sleep** - Is Your Sleep Killing You? by *Mack D. Jones, MD*
- **The Perils of Sleep Apnea- An Undiagnosed Epidemic** by *Burton Abrams*
- **My Daddy Snores** by *Nancy Rothstein and Stephen Gilpin*
- **Why we Sleep** - Unlocking the Power of Sleep and Dreams by *Matthew Walker, PhD*
- **Breath;** The New Science of a Lost Art by *James Nestor*
- **Mystery Sleep** by *Meir Kryger, MD*
- **Sleep Smarter** by *Shawn Stevenson, Sara Gottfried MD*
- **Sleep Apnea** - The Phantom of the Night: Overcome sleep apnea syndrome and snoring by *T. Scott Johnson, William A. Broughton, Jerry Halberstadt, B. Gail Demko, Carl E. Hunt, William Dement, Colin Sullivan*
- **The Overlooked Epidemic: Inside the World of Sleep Apnea: From Diagnosis to Recovery - Your Journey to Healthy Sleep** by *Audrey Porter*
- **Sleep Apnea Solution: Less Snoring, Less CPAP, Just Sleep** by *Dylan Petkus, MD, MPH, MS, Annalisa Summea*
- **Sleep Apnea Solution: How to Naturally Overcome Sleep Apnea and Breathe Easy at Night** by *Samuel Okpon*
- **Sleep Apnea Help: Learn What Sleep Apnea is and What You Need to Know About It so That You Can Deal With it Effectively and Get Happiness and Health Benefits that You Get From a Good Night's Sleep** by *Nathan Weaver*
- **Totally CPAP: A Sleep Physician's Guide to Restoring Your Sleep and Reclaiming Your Life** by *Steven Y. Park, MD*
- **Sleep Apnea: A Step-by-step Guide to the Best Sleep Apnea Treatment (Most Effective Tips and Tricks You Need to Know for Sleep Better)** by *Shawn Breshears*
- **The Wake-Up Call: How You Sleep is How You Live** by *Gregory Arneaud*

*This list is not exhaustive by any means and is merely a selection by ASAP staff. If you have a book on sleep apnea that you would like to recommend to ASAP please reach out to us at [info@apneapartners.org](mailto:info@apneapartners.org)*