

## **Introduction – Breathless Sleep...no more**

### **~ Why I am compelled to write this book ~**

I am fifty four years of age. I have been afflicted by sleep apnoea for twenty years or so. But I have only come to know this fact in the last six years.

It has been found that moderate to severe obstructive sleep apnoea is associated with an increased risk of death from any cause in middle aged adults, especially men. In 2009 in the USA more than 12 million adults (or more than 4% of the population) were believed to have sleep apnoea, and most are not diagnosed or treated.

In 2012 in Australia more than 1.5 million adults suffered from sleep disorders and more than 1 million (or 4.7% of the population) specifically suffered from obstructive sleep apnoea with two times more men than women affected. However a large number are undiagnosed.

My mother had severe sleep apnoea but no-one, including her doctors, had diagnosed it. So her condition remained untreated. The debilitating effects of sleep apnoea upon her body and mind were also unknown. She was overweight and snored loudly. She had restless leg syndrome<sup>1</sup> which caused her to involuntarily kick my sleeping father who ultimately vacated the matrimonial bedroom in search of a good night's sleep.

We all need a good night's sleep. Our brain and other essential bodily organs depend upon it. Otherwise we are unable to function on a daily basis as we should. Without quality sleep we struggle through our daily tasks sometimes involuntarily succumbing to bouts of sleep or "power naps" as they are euphemistically known. The

very real danger presented by these attempts by the brain to recapture lost sleep is that they can occur with little warning and at any time. They can also occur whilst performing any task.

This story is a true account of my journey in struggling with and confronting sleep apnoea. Although reference is made to scientific terminology and medical methods of treating sleep deficiency (both conventional and unconventional) it is essentially my personal narrative of how my body and mind reacted to the treatment I received. It recounts my attempt to control this increasingly common breathing disorder.

My sincere hope, and my ultimate reward, from writing this book is to inspire those who suffer from sleep apnoea to take control of their condition. In doing so you will *begin* to know your body and how it functions. You will learn to optimize its functionality and enjoy the benefits which flow from it.

My primary wish is to free those people from their dependence upon respiratory aids and to liberate them from their breathless sleep.

Copies of *Breathless Sleep...no more*, by Paul Rodriguez are available from [www.learntosleepwell.com](http://www.learntosleepwell.com)

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