

Table of Contents

Categories Of Sleep Apnea _____	3
Diagnosis Of Sleep Apnea _____	6
How To Diagnose Sleep Apnea With Sleep Studies _____	9
Children With Sleep Apnea _____	11
Treatments For Sleep Apnea _____	13
Lifestyle Changes _____	14
Other Treatments For Sleep Apnea _____	15
Important Points About Sleep Apnea _____	21
Conclusion _____	22
Resources _____	22
BONUS: 47 Tips to Get a Better Sleep _____	23
Disclaimer _____	33