

Wake up to better health.

Maybe you're stressed out and tired, and have put on a little weight. Or you have persistent pain you and your doctor can't explain. Man or woman, you may be fighting fluctuating hormone levels. Or maybe you snore like a freight train.

Anything that narrows the throat and interrupts sleep, particularly breathing problems brought on by sleep position, illness, life changes, or your anatomy, may be key to understanding a host of common health issues. In this groundbreaking book, Dr. Steven Park outlines a simple, rational explanation for what's making you sick, and provides guidance for treatment options that address specific health problems.

What the experts are saying about *Sleep, Interrupted*:

"Both patients and physicians must read Dr. Park's unique and enlightening perspective on health issues related to poor breathing."

—**Dean Ornish, M.D.**, author of the *New York Times* bestseller, *Dr. Dean Ornish's Program for Reversing Heart Disease*

"Dr. Park's book offers not only a fascinating look at the critical role sleep plays in health and wellness, but practical advice to help resolve health- and energy-sapping sleep problems."

—**Mary Shomon**, author of the *New York Times* bestseller, *The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss*

"The unique concepts presented by Dr. Park questions traditional models of health and disease and challenges physicians and patients alike to be inspired toward better health."

—**Mark Liponis, M.D.**, co-author of the *New York Times* bestseller, *Ultraprevention*

Are sleep-breathing problems making you sick?

Take our free quiz at www.SleepInterrupted.com



\$17.95 U.S.

SLEEP, INTERRUPTED

A physician reveals the #1 reason why so many of us are sick and tired

Park



"...fresh, original, and medically accurate." —Christiane Northrup, M.D.

SLEEP, INTERRUPTED

A physician reveals the #1 reason why so many of us are sick and tired



Steven Y. Park, M.D.