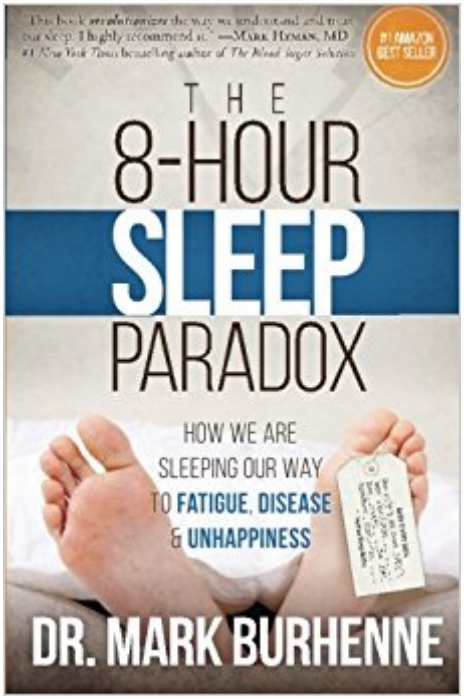
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The 8-Hour Sleep Paradox: How We Are Sleeping Our Way To Fatigue, Disease And Unhappiness



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Synopsis

The #1 Best SellerCould you be living with an undiagnosed disease that is making you fat, tired, grumpy, unproductive and depressed?If you...Wake up exhausted every morning, even though you're getting your 7-8 hoursBlame your lack of energy on your busy lifestyle or getting older...Have been told your snoring sounds like a freight train...Grind or clench your teeth...Are truly terrified to give up coffee...You may be one of the 42 million Americans battling the most urgent epidemic of our time--sleep apnea. (Of those 42 million, up to 90% of them have no idea they aren't getting quality sleep.)Ã Â Ã Â The good news:Ã Â The 8-Hour Sleep ParadoxÃ Â can get you feeling better than you thought possible.Ã Â Dr. Mark Burhenne is a dentist with a 30-year old practice based in California. The day his wife, a healthy petite woman, received her sleep apnea diagnosis was the day he began learning everything he could about sleep breathing.Ã Â Ã Â Why would a dentist write about sleep? The signs of sleep-disordered breathing show up first in the mouth, jaw and face. Which means that now, most dentists are screening disordered breathing at every six-month check up.Ã Â Dr. Burhenne has helped millions of people get the best sleep of their lives through his blog,Ã Â AsktheDentist.com.Ã Â Today, as a way to end the epidemic, he wants to help you too with his proven 3-step system.Ã Â The 8-Hour ParadoxÃ Â is not just a book to be read. It's a new way of sleeping and a new way of living."There are few iron laws of the universe, but here's one: if you want to be happier, healthier, and more productive, you need to get enough sleep.Ã Â TheÃ Â 8-Hour Sleep ParadoxÃ Â will help you improve the quality of your sleep, so you'll feel more alive than ever."--Gretchen Rubin, #1 New York Times bestselling author of BetterÃ Â Than Before and TheÃ Â Happiness ProjectÃ Â "I can't stress enough how important this book is for understanding why you need quality sleep, what the pitfalls or correctable problems may be that are preventing you from getting it, and what you can do about it. I highly recommend you read it and get yourself feeling better than you thought possible."Ã Â --Eva Selhub, MD, Harvard Medical School Lecturer in Medicine and author of Your Health Destiny

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Customer Reviews

Mark Burhenne, DDS is a bestselling author and a family and sleep medicine dentist who has been in private practice nearly 30 years, focusing on patient-centered and preventative dental healthcare with patients who come to him from all over the world. He received his degree from the Dugoni School of Dentistry in San Francisco and is a member of the American Academy of Dental Sleep Medicine. The day his wife was diagnosed with sleep apnea was the day he began learning everything he could about sleep breathing conditions. He is a TEDx speaker and his advice regularly appears on media outlets such as CNN, NPR, The Huffington Post, Prevention, Men's Health, and MindBodyGreen. He is the creator of AsktheDentist.com, dedicated to exploring the mouth-body connection for better overall health.

I’m a seemingly healthy individual, but I’ve struggled with low energy levels my whole life. I was diagnosed with moderate sleep apnea ten years ago and I’ve tried many different things to battle the condition. Though I am doing better, I do not feel like I have the situation under control. I sometimes actually feels to tired to really deal with getting the proper help. Dr. Burhenne’s book does not only provide helpful tips on how to get help, it also highlights how important it is. It is amazing how few people know how dangerous it is to not get proper sleep. As Dr. Burhenne points out, making sure the room is dark and quiet does very little for people who have difficulty breathing, yet that is the most common advice you will receive when reading about sleep hygiene. Dr. Burhenne shares both his personal experiences and the latest research on the subject. If you are struggling with getting a good nights sleep, start by picking up this book; it could save your life!

Hands down, a must read for all poor sleepers, sleep apnea sufferers, and those who are searching for a good, healthy night’s sleep. Dr Burhenne is an obvious expert in the field, and he presents current ideas in the field of sleep research and sleep medicine, along with dental appliance therapy for sleep apnea, in a succinct easy to read book.Are you a snorer (the biggest clue to having sleep apnea) or sleep with one, then do someone a real favor for their health and get this book. Read it

and act on it!As a colleague of Dr Burhenne, this is the best guide out there for fixing sleep problems!

As a licensed psychotherapist, I help clients with sleep issues every single day. Now I refer all of them to Dr. Burhenne's amazing book! This book is way overdue. Since reading it, I've been catching therapy clients with sleep apnea every month and helping them get sleep studies. As a result, their anxiety, depression, and mood issues go way down. This book is great for the professional and the layperson alike. Highly recommend.

This is the book you want to read before you have a sleep study or if someone has complained that you are snoring. The last book I bought on sleep was only useful in that it put me to sleep but didn't give practical information like this book does. Dr. Burhenne weaves patient stories along with useful information and charts to give the reader a good sense of what this problem is all about. It was a quick read packed with information.

After searching for sleeping remedies (besides sleeping pills) for my friend, I was recommended to check out this book. Dr. Burhenne's sleeping guidance has helped my friend who has had trouble sleeping due to stress, finally have a healthy night sleep. Thank you Doc for helping my grumpy friend be happy again.

In researching solutions to dental issues, I stumbled upon intriguing treatment for my symptoms and ultimately found this great book. I don't know if this will be the solution to my problems, but I have the tools to take with me to my next appointment with the questions I need to ask, the things I need to look for in my dentist or doctor in specialty, and how to navigate the coverage roadblocks. I will write a review at a later time to follow up on my results.

I am in the dental profession and would highly recommend this book for dental healthcare professionals, as well as their patients with Obstructive Sleep Apnea. This book would be helpful to students who are still in dental school, as well as dentists who are in private practice. Highly recommended.

The importance of quality sleep is continually part of the conversation. Dr. Burhenne empowers us to understand sleep from a new perspective and with new eyes. It is a thought provoking book. His

personal story engages the reader immediately. It is difficult to ignore the research. Reading this book may change your life or the life of someone you care about. I have already gifted it to family members.

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