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Sleep Apnea Hacking Sleep Apnea

The sleep test will give your doctor information about oxygen drops associated with obstructive sleep apnea or other breathing problems. ... nasal congestion, and hacking."

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Treating Allergies at Night - WebMD

Sep. 29, 2020 — People with generalized epilepsy who have seizures arising from both sides of the brain simultaneously, have a higher risk of obstructive sleep apnea (OSA) compared to patients ...

Epilepsy research reveals why sleep increases risk of ...

More sleep could offset children's excess indulgence over the school holidays as new research shows that the same decline in body mass index may be achieved by either extra sleep or extra exercise.

More sleep or more exercise: the best time trade-offs for ...

In 1913, Dutch psychiatrist and writer Frederik (Willem) van Eeden (1860-1932) coined the term 'lucid dream' in an article entitled "A Study of Dreams".. Some have suggested that the term is a misnomer because Van Eeden was referring to a phenomenon more specific than a lucid dream. Van Eeden intended the term lucid to denote "having insight", as in the phrase a lucid interval applied to ...

Lucid dream - Wikipedia

In obstructive sleep apnea, the medication is often prescribed and recommended instead of standard therapies to treat the underlying obstruction of the airway. In shift work disorder, Modafinil reduces the maximum level of sleepiness in people that work night shift during working hours as well as the degree of sleepiness when going home.

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The free, open-source, and definitely not FDA-approved piece of software is the product of thousands of hours of hacking and development by a lone Australian developer named Mark Watkins, who has helped thousands of sleep apnea patients take back control of their treatment

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from overburdened and underinvested doctors. The software gives patients ...

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