

Would you like to...

- learn how to **stop snoring**, sleep apnoea and insomnia?
- sleep right through the night without disruption?
- eliminate fatigue, brain fog and ADHD?
- wake up feeling totally refreshed in the morning?

Simple to understand and easy to apply, with noticeable results in as little as two days. Suitable for adults, teenagers and children.

Mouth and chronic overbreathing are significant causal factors of snoring, sleep apnoea and insomnia.

Part one of this book contains complete self-help instructions to correct your breathing. Part two documents the science and studies the links between poor breathing and snoring, sleep apnoea and insomnia, and how these affect mood, energy, concentration, and academic and job performance.

In 2002, Patrick McKeown studied in Russia and was accredited by the late Dr Konstantin Buteyko. He is the founder of Snoring.ie and the author of six books on the Buteyko Method.

www.ButeykoDVD.com

www.Snoring.ie



SLEEPING WITH BUTEYKO



PATRICK MCKEOWN



SLEEP WITH BUTEYKO

Stop snoring, Sleep apnoea and insomnia.
Suitable for children and adults.
Includes free Buteyko CD.



Patrick McKeown