



Breathless Sleep... no more

Paul Rodriguez

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Breathless Sleep... no more is the journey of how, as a self-employed lawyer, Paul struggled for years against severe obstructive sleep apnoea. Incredibly, his first step was to become aware of and acknowledge its existence - much like alcoholism. He was faced with the debilitating and life threatening consequences of his breathing suddenly stopping. It occurred mostly during sleep...without warning and without control. During his journey of discovery for effective treatment Paul tried conventional and unconventional methods. In doing so he achieved independence and control over his health. In the book Paul discusses the relevant science underpinning the chosen method and uses "before" and "after" sleep studies and photographs to support his case for overcoming sleep apnoea. Following many months of disciplined breathing exercises Paul emerged triumphant. The battlefield of anxiety, inner conflict and self-doubt is left behind. His recapture of lost sleep and control over his mind and body will inspire millions of people affected by this increasingly prevalent sleep disorder.

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