



SYMPTOMS OF ASTHMA AND SLEEP APNEA

Asthma

- Chest tightness and pain
- Shortness of breath
- Wheezing when exhaling
- Sleep difficulty
- Coughing attacks that get worse with a cold, the flu, or respiratory infections

Sleep Apnea

- Loud snoring
- Waking up with a parched mouth
- Gasping for air while you sleep
- Insomnia
- Excessive daytime sleepiness
- Headaches in the morning
- Long pauses where you're not breathing while sleeping

A Breath Away From Sleep

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A Breath Away From Sleep :

Unveiling the Magic of Words: A Review of "**A Breath Away From Sleep** "

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**A Breath Away From Sleep** ," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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