

# **Snoring From A To ZZZZ: Proven Cures For The Night's Worst Nuisance By Derek S. Lipman MD**

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**how did the letter z become to be associated with** - Over time, this became associated with sleep in general, but most comic reference books The earliest references I found connect zzzz with snoring,

**recognizing and treating sleep apnea** - Sleep apnea is more than just loud snoring. A person literally stops breathing says Derek Lipman, M Proven Cures for the Night's Worst Nuisance by

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