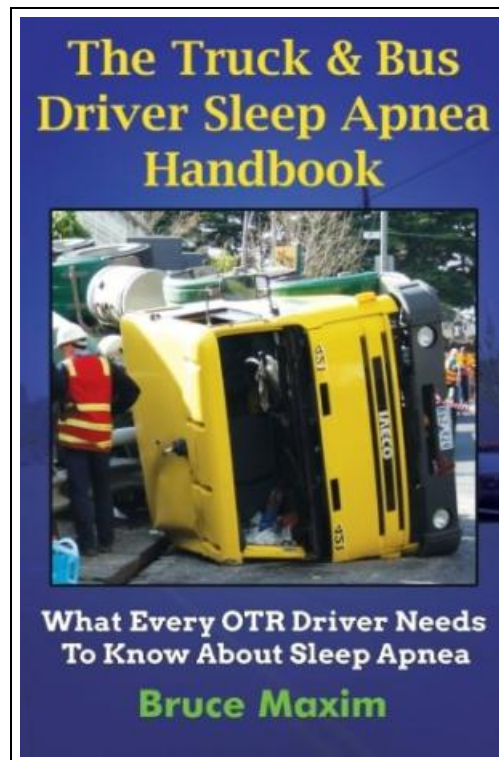


The Truck Bus Driver Sleep Apnea Handbook: What Every Otr Driver Needs to Know about Sleep Apnea



Filesize: 8.34 MB

Reviews

This book may be worth purchasing. It typically fails to expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ken Watsica)

THE TRUCK BUS DRIVER SLEEP APNEA HANDBOOK: WHAT EVERY OTR DRIVER NEEDS TO KNOW ABOUT SLEEP APNEA



Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.If you drive a vehicle on public roads, you need this information. If you are a truck driver or a bus driver and operate a commercial vehicle to earn a living, this handbook is must have knowledge. An OTR driver is particularly prone to irregular sleep patterns, will frequently physically reflect a truck stop diet or be at least somewhat overweight and void of a quality level of fitness, and is still highly likely to be a smoker. All of that and more is consistent with developing a sleep disorder, especially sleep apnea. What comes first.heart disease, stroke, diabetes, hypertension, obesity, headaches, memory loss, depression, acid reflux, erectile dysfunction and a host of other maladies.or sleep apnea? How many commercial vehicle accidents and deaths each year are due to sleep issues? Why are commercial drivers afraid to be tested for sleep apnea and why will they ignore all of the associated health risks rather than compromise their commercial driver license status? This book is designed to get you past that fear and to get you to voluntarily seek a sleep test. Its objective is to get you treated before you are subjected to mandatory testing, which is imminent in almost all jurisdictions. It is geared to keep you and those you share the road with alive, and is intended reading for all of the transportation companies that employ you. The book will convince you to get tested now before sleep testing is a mandatory step in renewing your license every few years. Are you aware that when you feel the need to change your employer, that the new company will undoubtedly have you tested as a condition of...



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