



Steven Lamberg

## Atmung, Schnarchen und Schlafapnoe

Behandlung der Atemwege in der modernen Präventivmedizin und -zahnmedizin

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## Book information

**Authors:** Steven Lamberg

**Title:** Atmung, Schnarchen und Schlafapnoe

**Subtitle:** Treatment of the respiratory tract in modern preventive medicine and dentistry

### Short text:

This book by an American dentist and member of the American Board of Dental Sleep Medicine marks a decisive turning point in the understanding and approach to sleep-related breathing disorders. It serves as a foundation for understanding the complexity of the airway issue in relation to the various associated disorders and addressing the real causes. The publication is a must for all medical and dental professionals as well as patients who wish to explore the topic in more depth.

The quality of our sleep has a major influence on our health, alongside physical activity and an appropriate diet. It has been proven that many diseases, including the 10 leading causes of death, can be caused or aggravated by sleep-related breathing disorders such as snoring and sleep apnea. The Lamberg questionnaire, on which this book is based, is a simple method of assessing the individual risk of sleep-related breathing problems based on the patient's personal medical history.

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