

ENDORSEMENT

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Get rid of Sleep Apnoea

I am a seventy year old woman and was diagnosed as having sleep apnoea about 10 years ago. On the advice of the Sleep Clinic I used a CPAP machine and then a Resmed breathing machine.

In March 2008 I was instructed in the practice of Buteyko breathing by Linda Meads. During the first 6 weeks I experienced major improvements in my health, IBS symptoms decreased, for example. However, I continued to use my Resmed machine.

After about three months it occurred to me that if sleep apnoea is the result of hyperventilation then the use of a breathing machine, which is like sleeping in a wind tunnel, is not sensible. I tried doing without the CPAP machine at night and found that I slept no worse without it than with it. I persevered with my breathing exercises.

This month in September 2009 my sleep clinic specialist said he was satisfied that I no longer suffer from sleep apnoea!

Rosalind P. , Scotland (09.09.09)