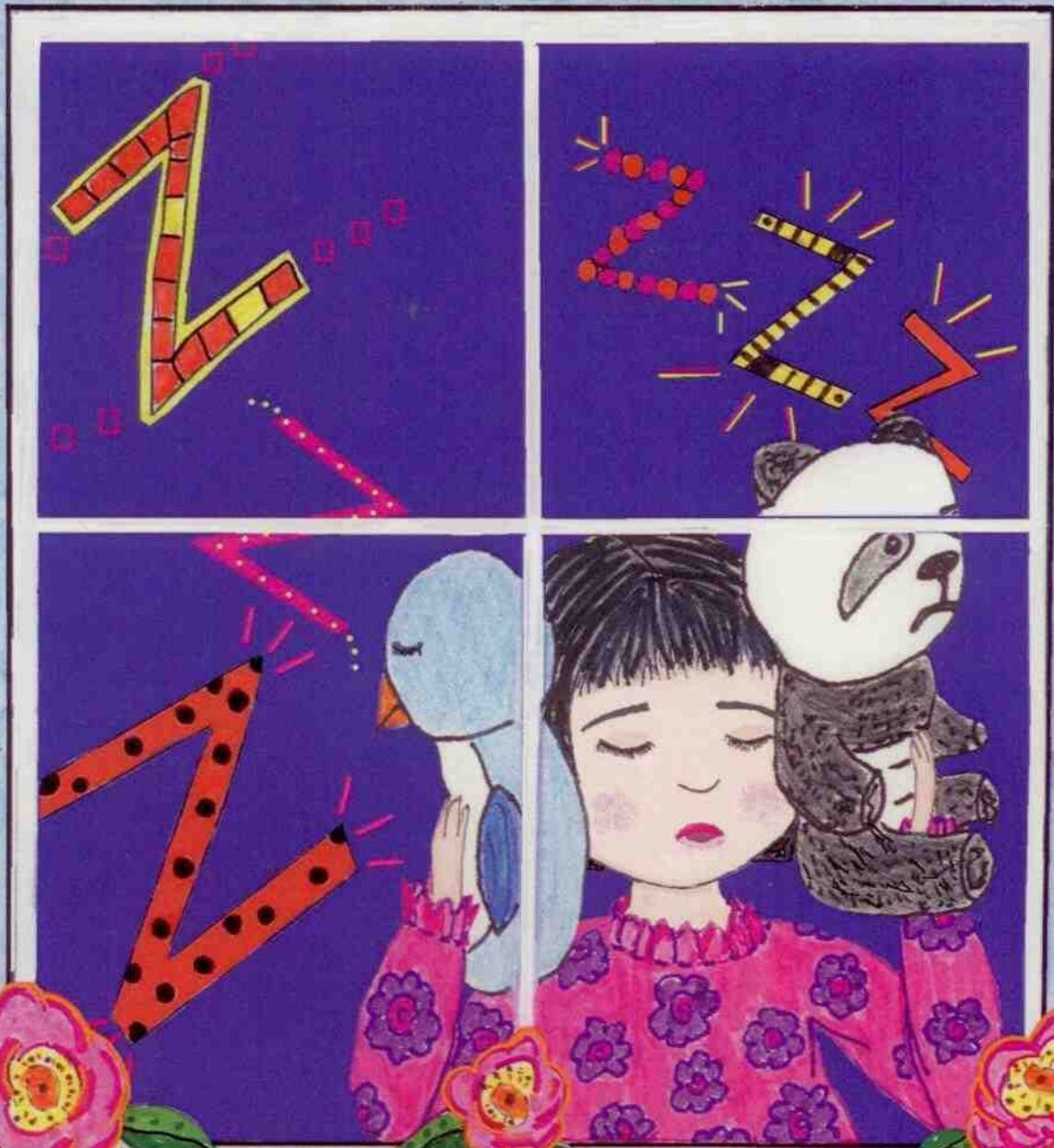


My Daddy Has Sleep Apnea



BY SHEILA BRODHEAD PSY.D

Illustrated by Nancy Salus

My Daddy Has Sleep Apnea

Annie's dad snores and it's driving her crazy. His daytime napping interferes with their playtime and he's often cranky. When Dad is diagnosed with sleep apnea, Annie must find a way to overcome her worry about the disorder and her fear of the CPAP equipment he uses to treat it.

Praise from experts:

“Sleep apnea is a family disease. Symptoms interfere with interpersonal relations at all levels—spouse, children, and work. Since CPAP is the treatment of choice for most patients who are symptomatic, family acceptance of therapy is important for holistic health and relationships. *My Daddy Has Sleep Apnea* gives children an understanding about the positive impact that occurs with CPAP use and how all of the family benefits. It is always good to have the real Daddy ‘back’.”

~ B. Gail Demko, DMD, President of the American Academy of Dental Sleep Medicine and specialist in oral appliance therapy for the management of sleep apnea.

“This is an important and fun book for every family that has children and a parent with sleep apnea. Dr. Brodhead, informed by her personal experience and clinical work, has created a charming picture book that models how a parent can reassure a child about sleep apnea and its treatment. Treatment can restore the patient to health and restore the normal life of the family, and they can once again have fun together.”

~ Jerry Halberstadt, co-author of “Sleep Apnea—The Phantom of the Night.”

Sheila Brodhead is a psychologist, writer and teacher. She lives in New Jersey with her CPAP Pappy, teenage daughter and son, a big dog and two cats. Visit her at www.sheilabrodhead.com.

Nancy Salus is an aspiring children's book author and illustrator. Her three children and her kindergarten students provide endless inspiration.

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