

Assignment

Write an SEO rich article

1. Article Title: The Best Sleep Apnea Treatments
2. Article Key words (x3) : "Sleep Apnea Treatment" *all three times, this phrase will link to www.Rematee.com
3. Article length 500 - 750 words

Here are four great reference Articles to source your 'biased' content from:

- http://www.webmd.com/sleep-disorders/sleep-apnea/sleep_apnea_treatments
- <http://www.mayoclinic.com/health/sleep-apnea/DS00148/DSECTION=treatments-and-drugs>
- <http://www.sleepapnea.org/resources/pubs/treatment.html>
- http://www.helpguide.org/life/sleep_apnea.htm

Result:

A Better Night Sleep & a Satisfied Customer, Learn more about the www.Rematee.com Way of Life!

We all know that sleep is one those things that are vital to ones overall health, as ensuring the right amount sleep ensures that one is able to maintain a positive mood, memory, and increases your overall productivity. Generally, the average adult needs to between 7 to 9 hours of sleep per night, less than this results in an increase in your overall sleep debt, and hinders your ability to function. Due this increase in accumulated sleep debt, a person will tend to feel sleepier and less alert.

Many factors and conditions that hinder one's ability to obtain a restful sleep, and Sleep Apnea, is one of those conditions. It is the defined as the temporary stoppage of breathing during sleep, often resulting in daytime sleepiness. The word Apnea comes from the Greek word that means, "Want of breath."

There are three types of sleep apnea:

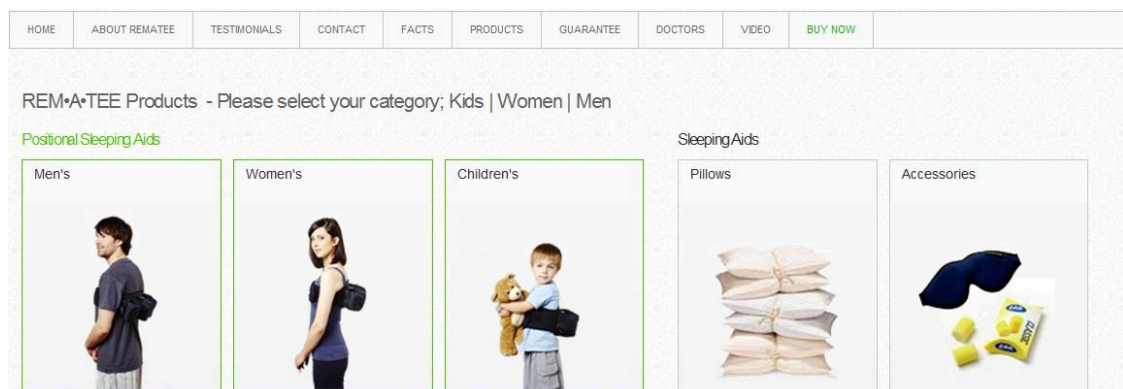
- **Obstructive sleep apnea (OSA):** The more common of the two forms of apnea, it is caused by a blockage of the airway, usually when the soft tissue in the back of the throat collapses during sleep.
- **Central sleep apnea:** Unlike OSA, the airway is not blocked but the brain fails to signal the muscles to breathe due to instability in the respiratory control center.
- **Complex sleep apnea** is a combination of obstructive sleep apnea and central sleep apnea.

This condition has a direct impact on the quality & quantity of sleep that an individual with this condition is able to achieve. Often, the person suffering from this condition feels extremely tired, and if left untreated over time, it can cause hypertension, stroke, or heart failure. Those who are most at risk of developing this condition are typically men, overweight people, and people over 40. In a recent study, it was discovered that up to 70 million Americans are not getting enough sleep, this can because a number of factors including Sleep Apnea.

The below table lists a number of symptoms and conditions that lead to someone to be diagnosed with the condition. If you are suffering with these symptoms, please visit your doctor for confirmation. However, if you have already been diagnosed and looking for relief of this condition, then we have the [SOLUTION](#)

The signs & symptoms of Sleep Apnea are:	Other common signs and symptoms
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	include:
• Loud and chronic snoring	• Waking up with a dry mouth or sore throat and morning headaches
• Choking, snorting, or gasping during sleep	• Restless or fitful sleep & Insomnia or night-time awakenings
• Long pauses in breathing,	• Waking up feeling out of breath
• Daytime sleepiness, no matter how much time you spend in bed	• Forgetfulness and difficulty concentrating & moodiness, irritability, or depression



www.Rematee.com, founder Sean Kerklaan understands how chronic snoring and poor sleep not only affect you in negative ways but your bed partner as well. This is why they have developed the Anti Snore Shirt and Bumper Belt. This t-shirt provides enough pressure to prevent the snorer from rolling over, yet they are gentle enough so the wearer does not awaken. By stopping snoring before it begins, the snorer (and their partner) enjoys a restful sleep!



How many times more times do have to be awakened by a loud jab, or sleep on the couch because your snoring disturbs your bed partner?

End this problem today with this unique product, available in T-SHIRT FORM or as pick up our BELT ONLY option. Visit www.Rematee.com for purchase details.

Word Total: 600

Content Sources, besides www.Rematee.com

<http://www.webmd.com/sleep-disorders/sleep-apnea/sleep-apnea>

<http://www.medterms.com/script/main/art.asp?articlekey=5510>

<http://www.sleepfoundation.org/sleep-facts-information/myths-and-facts>

http://helpguide.org/life/sleep_apnea.htm