



# DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



## STRESS AWARENESS DAY: THE CRUCIAL LINK TO DENTAL SLEEP MEDICINE

### Understanding Stress: The Crucial Link to Dental Sleep Medicine

Stress Awareness Day serves as a reminder of the impact stress can have on our lives. Its connection to dental sleep medicine is increasingly recognized.

Dental sleep medicine encompasses the screening, treatment, and management of sleep-related breathing disorders such as obstructive sleep apnea (OSA).

Sleep-disordered breathing conditions like OSA can be both exacerbated by stress and contribute to heightened levels. Dentists specializing in this field are trained to recognize the signs and symptoms of sleep-disordered breathing conditions like OSA and provide effective treatment options.

### COPING STRATEGIES FOR STRESS

- 1. Mindfulness and Relaxation Techniques:** Practices such as meditation, deep breathing exercises, and progressive muscle relaxation can help alleviate stress and promote better sleep.
- 2. Regular Exercise:** Engaging in regular physical activity can reduce stress levels and improve sleep quality.
- 3. Healthy Lifestyle Habits:** Maintaining a balanced diet, limiting caffeine and alcohol intake, and establishing a consistent sleep schedule.
- 4. Seeking Professional Help:** Individuals experiencing chronic stress due to sleep disturbances should seek guidance from dentists specializing in dental sleep medicine.

**ASK US HOW YOU CAN RECEIVE A  
SLEEP WELLNESS CONSULTATION!**



### THE MOST URGENT TASK

### SELF-AWARENESS QUESTIONS

- WHEN ARE YOU MOST PRODUCTIVE?
- ARE YOU A MORNING OR AFTERNOON PERSON?
- WHAT IS THE FIRST THING YOU DO IN THE MORNING?
- HOW DO YOU FEEL IN THE AFTERNOON?
- ARE YOU SAVING UP OR DELAYING TASKS TO WHEN YOU HAVE THE LEAST AMOUNT OF CONCENTRATION AND HEADSPACE?
- IS THIS THE BEST USE OF YOUR TIME, FOCUS AND ENERGY?

### TASK WITHOUT TIME PRESSURE OR RISK FACTOR

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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### DELEGATE

WHAT AM I DOING NOW?

WHY AM I DOING THIS NOW?

NOTES:

### IDEAS FOR LATER

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