

DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



KISS THE SHAMROCK (GOODBYE) TO SLEEP APNEA: DENTAL SLEEP MEDICINE OFFERS A POT OF GOLD!

St. Patrick's Day is a time for celebration, filled with laughter, good company, and perhaps a little green! But if you're struggling with sleep apnea, you might find yourself feeling less than festive.

Sleep apnea is a sleep disorder characterized by repeated pauses in breathing during sleep. These pauses can disrupt your sleep quality, leading to a number of negative consequences, including:

- **Daytime fatigue and sluggishness:** This can significantly impact your energy levels and ability to fully enjoy activities, including festive celebrations like St. Patrick's Day.
- **Difficulty concentrating:** The fragmented sleep caused by sleep apnea can affect your cognitive function, making it harder to focus and concentrate.
- **Irritability and mood swings:** This can affect your interactions with others and dampen your overall enjoyment of social events.

THE GOOD NEWS IS, YOU DON'T HAVE TO SUFFER IN SILENCE!

If you suspect you might have sleep apnea, **talk to your dentist.** They can screen you for sleep apnea and discuss treatment options, including oral appliance therapy.

This non-invasive treatment option involves wearing a custom-made mouthpiece during sleep to help keep your airway open, promoting better sleep quality and alleviating the symptoms of sleep apnea.

Don't Let Sleep Apnea Steal Your St. Patrick's Day Cheer! Take control of your sleep health and experience the transformative power of a good night's sleep.

Call our office to schedule a sleep wellness screening with us today!

TIPS

FOR BETTER SLEEP HYGIENE AND HEALTHY SLEEP HABITS

HEALTHY SLEEP HABITS

Get regular exercise: Aim for at least 30 minutes of moderate-intensity exercise most days of the week, but avoid vigorous activity close to bedtime.

Manage stress effectively: Practice relaxation techniques like deep breathing, meditation, or yoga to help you unwind and fall asleep easier.

Avoid caffeine and alcohol before bed: Caffeine can stay in your system for several hours and disrupt sleep, while alcohol might initially make you feel drowsy but can lead to fragmented sleep later in the night.

Limit heavy meals and fluids before bedtime: Avoid large meals and excessive fluids close to bedtime, as they can cause discomfort and disrupt sleep.

See sunlight during the day: Get exposure to natural sunlight during the daytime, which helps regulate your circadian rhythm.

