



DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



LINK BETWEEN ALLERGIES & OBSTRUCTIVE SLEEP APNEA

SLEEP, ALLERGIES & OBSTRUCTIVE SLEEP APNEA (OSA)

Spring is here, and while blooming flowers are beautiful, they also bring seasonal allergies that can make sleep challenging. If you're struggling with congestion, sneezing, or nighttime discomfort, we've got tips to help you breathe easier and sleep better.

Tips to Combat Allergies for Restful Sleep

- ✓ Use an air purifier to reduce allergens in your bedroom.
- ✓ Wash your bedding weekly in hot water to remove pollen and dust mites.
- ✓ Try a hypoallergenic pillow to keep allergens at bay.

- ✓ Shower before bed to rinse off pollen and prevent it from transferring to your bedding.
- ✓ Consider nasal strips or allergy meds before bed (ask your doctor for recommendations!).

The Role of Oral Appliances in OSA & Allergy-Related Sleep Issues

If allergies are causing snoring or disrupted breathing, an oral appliance may help by keeping your airway open, reducing congestion-related sleep disturbances. For patients with obstructive sleep apnea, an oral appliance can improve airflow and decrease apnea events, especially when allergies make breathing more difficult.

CALL OUR OFFICE TO SCHEDULE A SLEEP WELLNESS SCREENING WITH US TODAY!



ALLERGY-SMART SLEEP TIPS & FUN QUIZ!



☀️ QUICK ALLERGY & SLEEP QUIZ!

What is the most common indoor allergen?

- A) Pollen
- B) Dust mites
- C) Pet dander

What household item traps the most allergens?

- A) Hardwood floors
- B) Curtains & carpets
- C) Glass windows

What's the best sleeping position for nasal congestion and obstructive sleep apnea?

- A) On your back
 - B) On your side with head elevated
 - C) Stomach sleeping
- (Answers below)

SLEEP HACK OF THE MONTH!

Feeling stuffy at night? Try using a saline rinse before bed to clear nasal passages and improve breathing for better sleep! If you have obstructive sleep apnea, sleeping on your side may help keep your airway open.

Answers: 1) B – Dust mites 2) B – Curtains & carpets 3) B – Side sleeping with head elevated!

As the season of renewal begins, take this opportunity to refresh your sleep habits and prioritize your health. Wishing you a restful and rejuvenating spring!

