



DENTAL SLEEP MEDICINE NEWSLETTER



PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



MEN'S HEALTH & SLEEP APNEA

Bonus: Father's Day Word Search & Dad Joke Corner

MEN'S HEALTH & OBSTRUCTIVE SLEEP APNEA (OSA)

Sleep is vital for everyone, but there are differences in sleep for men and women. A 2012 survey* found that nearly a third of men achieved less than 6 hours of sleep on average each night. The AASM recommends 7 or more hours of sleep each night for optimal health.

There are many factors, such as hormone production, aging, or social and cultural differences, that influence how men and women sleep. These may be signs of a sleep disorder such as Obstructive Sleep Apnea (OSA).

When left untreated, OSA can affect men's health in many ways. It can impact everything from mood to fertility in men. Poor sleep can increase your risk of developing other health issues as well. OSA is more common in men than in women and causes you to stop breathing during sleep. When you have OSA, the lack of oxygen your body receives during sleep can have long-term consequences for your health.

Studies have found a strong link between OSA and erectile dysfunction. However, according to one study, use of CPAP therapy can reverse the impact of OSA on erectile function. The amount of sleep you get can have an impact on your health, too. Research has found that men with too little and too much sleep seem to be at higher risk for infertility compared to those who get 7-8 hours of sleep.

Lack of sleep can impact your mood and mental health. Sleep deprivation puts you at a higher risk of having depression, anxiety, and other mental health issues.

Men are also more likely than women to have REM sleep behavior disorder (RBD). RBD occurs when you act out vivid dreams as you sleep. It occurs at a higher rate in people who have Parkinson's disease or who may develop it later in life.

*Sleep, Volume 38, Issue 5, 1 May 2015, Pages 829-832

Ask us how you can receive a sleep wellness consultation!



Dad Joke Corner



Who do Father's take an extra pair of socks when golfing?

In case they get a hole in one.

What do you call a fish wearing a bowtie?

Sofishticated

What did the ocean say to the beach?

Nothing, it just waved.

What did Baby Corn say to Mama Corn?

Where is Pop Corn?

What has more letters than the alphabet?

The Post Office.

Why don't eggs tell jokes?

They'd crack each other up.

Why can't a nose be 12 inches long?

Because then it would be a foot.

How many tickles does it take to make an octopus laugh?

Ten - tickles

How do you make a tissue dance?

Put a little boogie in it.

FATHER'S DAY WORD SEARCH

Z B L E Z P O X J Z P J G L B
S T R O N G L Z Y K H J D G S
D A D N C W I Z L X L F M K H
W Q F B B S Y P Z U U A J S R
L R P R O T E C T S S M B O K
A R K C J M U R V Z Q I C F U
U S O S S A K V D D F L A I K
G Z Y L P P W E H S A Y P S F
H C R J E O E N V W T Q A H U
T O A K N M R C R I H M R I N
E S L R W W O T I F E D E N N
R M O A I P X D S A R A N G Y
G T V G C N L E E N L D T L G
T I E W I O G H O L I D A Y D
B S Z B O L J Y B D Q V M C A

FATHER
DAD
FAMILY
FISHING
PARENT

SPORTS
LOVE
STRONG
CARING
ROLE MODEL

HOLIDAY
LAUGHTER
PROTECT
SPECIAL
FUNNY

