



DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



THE MENTAL HEALTH IMPACT OF SLEEP APNEA

Why Treating Sleep Apnea is Crucial for Mental Health

Sleep apnea, a common sleep disorder characterized by repeated interruptions in breathing during sleep, is not just a physical health concern. It has significant implications for mental health as well.

Sleep Apnea and Its Impact on Mental Health:

Daytime Fatigue and Cognitive Function:

The frequent disruptions in sleep caused by sleep apnea prevent the brain from entering the restorative stages of sleep.

Mood Disorders: Sleep apnea is closely linked with mood disorders such as depression and anxiety. Patients with sleep apnea are more likely to experience persistent feelings of sadness, hopelessness, and irritability.

Stress and Coping: Living with untreated sleep apnea can be stressful. The constant struggle with fatigue, combined with the potential health risks, can take a toll on mental health.

Managing Sleep Apnea for Better Mental Health:

Oral Appliances: Improves sleep quality and reduces daytime fatigue, which can positively impact mood and cognitive function.

Mental Health Support: Seeking support from mental health professionals can help manage the emotional and psychological aspects of sleep apnea.

Healthy Lifestyle Choices: Regular exercise, a balanced diet, and good sleep hygiene can improve both sleep apnea and mental health.

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



POSITIVE MENTAL HEALTH HABITS TO TRY AND MAINTAIN

Connectedness

Try to find some time during your week to connect with friends, colleagues, or family members.

Staying Present

Use mindfulness exercises to connect with the present moment.

Relaxation

Schedule time into your week to switch off and relax your mind and body.

Physical Activity

Where possible, try to stay active. Exercise is a great tool for boosting mood and reducing stress.

Self Care

Find activities that you can schedule into your week that provide you with a sense of self-care.

Values

Engage in activities that align with your values and are important to you.

Talking

Talk openly with close friends or family members about how you are feeling and what you are thinking.

Achievements

Engage in activities that provide you with both pleasure and a sense of accomplishment.



hello
AUTUMN