
DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



STRENGTHENING RELATIONSHIPS THROUGH BETTER SLEEP

It's no secret that sleep plays a crucial role in our overall well-being. But did you know that it can also impact our relationships? For couples affected by sleep apnea, seeking treatment not only improves individual health but can also lead to closer and more fulfilling relationships.

Sleep apnea can often strain relationships due to loud snoring, frequent awakenings, and daytime fatigue. However, with the right treatment, such as oral appliances or CPAP therapy, these symptoms can be significantly reduced, leading to better sleep for both partners.

BY PRIORITIZING SLEEP HEALTH AND SEEKING TREATMENT TOGETHER, COUPLES CAN EXPERIENCE:

Improved Communication: With better sleep comes improved mood and cognitive function, leading to more effective communication and understanding between partners.

Increased Intimacy: Quality sleep can enhance energy levels and libido, fostering a deeper emotional and physical connection.

Quality sleep is crucial for both individual well-being and relationship harmony, yet conditions like sleep apnea can disrupt this balance.

Sleep apnea's symptoms, such as loud snoring and daytime fatigue, not only affect the individual but also strain their partner's sleep and lead to relationship tension. By addressing sleep apnea together through treatment options like oral appliances, couples can improve sleep quality and strengthen their bond.

Tackling sleep apnea as a team demonstrates mutual support and commitment, fostering deeper emotional connections and enhancing intimacy. Ultimately, prioritizing better sleep can lead to a healthier and more fulfilling relationship for both partners.

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

A SPECIAL MEAL FOR TWO THIS VALENTINE'S DAY

MARRY ME CHICKEN RECIPE

INGREDIENTS

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| 3 tbsp. extra-virgin olive oil, divided | 1 tsp. crushed red pepper flakes |
| 4 boneless, skinless chicken breasts | 3/4 c. low-sodium chicken broth |
| Kosher salt | 1/2 c. heavy cream |
| Freshly ground black pepper | 1/2 c. chopped sun-dried tomatoes |
| 2 cloves garlic, minced | 1/4 c. freshly grated Parmesan |
| 1 tbsp. fresh thyme leaves | Freshly torn basil, for serving |

DIRECTIONS

1. Preheat oven to 375°. In a large oven-safe skillet over medium-high heat, heat 1 tablespoon oil. Season chicken generously with salt and pepper and sear until golden, 5 minutes per side. Transfer chicken to a plate.
2. Return the skillet to medium heat and add the remaining 2 tablespoons of oil. Stir in garlic, thyme, and red pepper flakes, and cook until fragrant, 1 minute. Stir in broth, heavy cream, sun-dried tomatoes, and Parmesan, and season with more salt. Bring to a simmer, then return chicken to skillet.
3. Transfer skillet to oven and bake until chicken is cooked through (and juices run clear when chicken is pierced with a knife), 10 to 12 minutes.
4. Garnish with basil and serve.



PHOTO: ANDREW BUI