



DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



WHAT THE SNORE !?

Bonus: National Love People Day & ways to pay it forward

SNORING & HOW IT AFFECTS YOUR HEALTH AND BED PARTNER

Not all snorers have apnea, but the two often go hand-in-hand. As snoring gets louder, chances of having sleep apnea are greater and greater. If you have apnea, your bed partner might notice that the snores are punctuated by pauses in breathing. Those are apnea episodes, and they can recur hundreds of times a night.

Snoring is the hoarse or harsh sound that occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate as you breathe. As a person inhales and exhales, the moving air causes the tissue to flutter and make noise. Sometimes it may also indicate a serious health condition such as Obstructive Sleep Apnea (OSA).

If OSA goes untreated, it can have major implications for a person's sleep and overall health. Unchecked OSA is associated with dangerous daytime drowsiness, and serious health conditions including cardiovascular issues, high blood pressure, diabetes, stroke, and depression.

Living with a snorer can strain even the most dedicated relationship. Second-hand snoring can cause the bed-partner to suffer the same daytime sleepiness problems that their snoring partner experiences. People who sleep next to a person who snores are likely to be fatigued and experience all of the common symptoms that come along with sleep deprivation, such as irritation, lack of concentration, simply because they are being kept awake throughout the night from their partner. Many couples resort to sleeping in separate bedrooms to accommodate a noisy snorer. This undesirable situation is sometimes referred to as "sleep divorce".

Ask us how you can receive a sleep wellness consultation!



A Good Night's Sleep Means More Time for What You Love

15 Ways to Pay it Forward & Share Kindness

1. Compliment the first three people you talk to today.
2. Send a positive text message to five different people right now.
3. Surprise a neighbor with freshly baked cookies or treats!
4. Let someone go in front of you in line who only has a few items.
5. Leave a gas gift card at a gas pump.
6. Have a LinkedIn account? Write a recommendation for coworker or connection.
7. Encounter someone in customer service who is especially kind? Take an extra five minutes to tell their manager.
8. Write a kind message on your mirror with a dry erase marker for yourself, your significant other or a family member.
9. Send a gratitude email to a coworker who deserves more recognition.
10. Practice self-kindness and spend 30 minutes doing something you love today.
11. Leave a kind server the biggest tip you can afford.
12. Purchase extra dog or cat food and bring it to an animal shelter.
13. Take flowers or treats to the nurses' station at your nearest hospital.
14. Pay it Backward: buy coffee for the person behind you in line.
15. When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!



FAMILY TIME



LET'S PLAY CHARADES

PICK YOUR TOPIC

- Brushing your teeth
- Making your bed
- Walking a dog
- Playing Video Games
- Building a Sand Castle
- Writing a check
- Boarding a plane
- Doing a cannonball
- Having the hiccups
- Bouncing on a Pogo stick
- Changing a diaper
- Stubbing your toe
- Erupting volcano
- Brain freeze