



DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY
OF LIFE



THE LINK BETWEEN STRESS AND SLEEP APNEA

HOW STRESS AFFECTS SLEEP

April is Stress Awareness Month, and did you know that stress is one of the biggest disruptors of sleep? Whether it's work, family, or daily pressures, stress can keep your mind racing and prevent restful sleep. Here's what you need to know and how to take control of your sleep health!

THE CONNECTION BETWEEN STRESS & SLEEP

When you're stressed, your body releases cortisol, the "stress hormone," which can keep you alert and make it harder to fall or stay asleep. Over time, poor sleep can increase stress levels, creating a vicious cycle of exhaustion and anxiety.

SIGNS THAT STRESS IS AFFECTING YOUR SLEEP

- Trouble falling asleep or staying asleep
- Waking up feeling tired despite a full night's sleep
- Increased irritability or anxiety during the day
- Frequent headaches or muscle tension
- Relying on caffeine to stay alert

**Schedule a consultation today
and take the first step toward
better sleep and less stress!**

5 SIMPLE WAYS TO REDUCE STRESS FOR BETTER SLEEP



Create a Nighttime Wind-Down Routine

Try reading, meditation, or light stretching to signal to your body that it's time to rest.



Limit Screens Before Bed

Blue light from phones and TVs can interfere with melatonin production. Power down at least 30 minutes before bedtime.



Practice Deep Breathing

A simple breathing exercise (like the 4-7-8 method) can calm your nervous system and reduce stress.



Get Moving

Regular exercise during the day helps reduce stress hormones and improves sleep quality.



Try an Oral Appliance if You Snore

If stress isn't the only thing keeping you up, sleep apnea could be a factor. Oral appliances can help improve breathing for better rest.

Ready for a Better Night's Sleep?
If stress is affecting your sleep, it might be time to talk to a professional.

