



# DENTAL SLEEP MEDICINE NEWSLETTER

## PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



## THE SURPRISING LINK BETWEEN GERD AND SLEEP APNEA

### YOUR SLEEP COULD BE AFFECTING YOUR DIGESTION

Have you ever woken up in the middle of the night feeling a burning sensation in your chest or throat? Or do you find yourself constantly battling heartburn during the day? You might be experiencing GERD (Gastroesophageal Reflux Disease), but here's a twist: it could be linked to Obstructive Sleep Apnea (OSA)!

#### How Are GERD and OSA Connected?

- **Pressure and Position:** During episodes of OSA, the airway collapses, leading to increased chest pressure. This pressure can push stomach acids upward, triggering GERD symptoms.
- **Interrupted Sleep:** GERD can worsen OSA by causing micro-arousals during sleep, making it harder for your body to rest and repair.
- **Vicious Cycle:** Left untreated, GERD and OSA can amplify each other, creating a cycle that impacts your overall health and energy levels.

#### Why Does This Matter?

Quality sleep is essential for everything from digestion to brain health. Addressing OSA and GERD together can improve not just your sleep but your daily well-being!

#### What Can You Do?

Here are some steps you can take:

- **Sleep Position:** Elevate the head of your bed to reduce acid reflux.
- **Oral Appliance Therapy:** A custom-fit device can help keep your airway open and reduce OSA episodes.
- **Lifestyle Tweaks:** Avoid heavy meals before bed and try to maintain a healthy weight.
- **Talk to Us:** Schedule a consultation to explore your treatment options for both OSA and GERD.

**CALL US TODAY TO SCHEDULE A  
CONSULTATION AND TAKE THE FIRST  
STEP TOWARD BETTER SLEEP AND  
BETTER HEALTH!**



# SLEEP INTO A HEALTHIER 2025!

## FOODS TO AVOID FOR ACID-FREE NIGHTS



Start 2025 on the right foot by making healthy lifestyle changes, like avoiding trigger foods and maintaining a regular sleep schedule. Here's a detailed breakdown of foods to avoid and reduce GERD (gastroesophageal reflux disease) and OSA (obstructive sleep apnea).



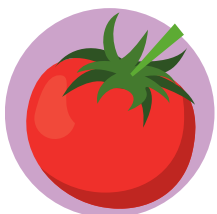
### **SPICY FOOD**

Spicy foods (e.g., chili, and hot peppers) can irritate the esophagus, worsening acid reflux. Spices may also cause inflammation, contributing to throat irritation, which can impact airway patency in OSA.



### **CITRUS FRUITS**

Oranges, lemons, and grapefruits are highly acidic, irritating the esophagus and worsening GERD symptoms. Acidic foods can also trigger throat discomfort, which may interfere with sleep quality.



### **TOMATOES**

Tomatoes (including sauces, soups, and ketchup) are acidic and can exacerbate GERD symptoms by irritating the esophagus.



### **FATTY OR FRIED FOOD**

High-fat foods (e.g., fried chicken, pizza, cheeseburgers) delay stomach emptying, leading to acid reflux. They also contribute to weight gain, a major risk factor for OSA.



### **ALCOHOL AND CAFFEINE**

Alcohol increases stomach acid production and can lead to airway relaxation during sleep, worsening OSA. Caffeine also affects sleep quality, exacerbating OSA.

**The New Year should bring Restful Nights and Energized Days, but GERD and OSA can sometimes get in the way!**  
**Here's to a year of better health, peaceful sleep, and all the joys this season has to offer.**

