

## Diagnosed with sleep apnea

For years, Henry's wife and children joked about his loud snoring. Henry's wife finally took it seriously when she noticed long pauses in his breathing while he slept. Henry began to notice a lack of energy throughout the day. He often felt tired during his commute to work, and his headaches, frequent daytime sleepiness and irritability made it almost impossible to do the activities he once enjoyed. Henry knew he needed to sleep better in order to enjoy his life again. His doctor explained the connection between his diabetes, and OSA.

Often, a bed partner is the first to witness symptoms of sleep apnea.



### Common signs and symptoms of sleep apnea include:

- Excessive daytime sleepiness
- Loud, disruptive snoring
- Restless sleep
- Difficulty concentrating
- Depression or irritability
- Morning headaches
- Type 2 Diabetes
- High blood pressure
- Hypertension
- Stop breathing during sleep
- Weight change (in the last five years)
- Nodding/falling asleep driving a vehicle
- Memory loss
- Sexual dysfunction

*If you have noticed two or more of these symptoms you may suffer from Obstructive Sleep Apnea (OSA).*

## If you think you or someone you know may suffer from sleep apnea, answer the 5 questions below:

*If you answer yes to three or more questions, you should discuss your symptoms with your doctor.*

Your Dentist offers the complete solution for sleep apnea, including testing and well-fitting custom oral appliances.

- ☐ Do you snore?
- ☐ Are you excessively tired during the day?
- ☐ Have you been told you stop breathing during sleep?
- ☐ Do you have a history of hypertension, high blood pressure, or diabetes?
- ☐ Is your neck greater than 17 inches (male) or 16 inches (female)?



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## Sleep Apnea & Snoring & **DIABETES**



**Name: Henry**  
**Age: 40**  
**Health: Suffers from diabetes, loud snoring, and daytime fatigue**

# Healthy sleep is essential for a healthy life

## Quality sleep increases energy and promotes lower blood glucose levels

Like Henry, millions of adults are affected by sleep apnea, and when present with other conditions it could have serious negative effects.

### What is Sleep Apnea?

*Sleep apnea is a sleep disorder characterized by abnormal pauses in breathing or abnormally low breathing during sleep. Each pause in breathing called an apnea can last from at least ten seconds to minutes, and may occur 5 to 30 times or more an hour.*

If you suffer from high blood pressure, diabetes, heart trouble, or are overweight, managing your sleep apnea can improve all of these conditions while making you feel better \*1-5

1.Young et al. 2. Logan et al. 3. Resnick et al. 4. O'keefe et al. 5. Javaheri et al.

### The Good News:

#### Sleep Apnea can be managed!

*After an overnight sleep test given to Henry by his dentist, and a diagnosis was made by a sleep physician, Henry learned he has sleep apnea. His recommended method of treatment was Oral Appliance Therapy based on the information captured in his overnight sleep test. Henry now wears a custom fitted oral appliance which has made a tremendous impact on his quality of life.*

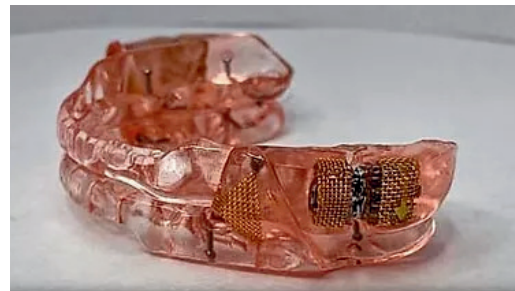
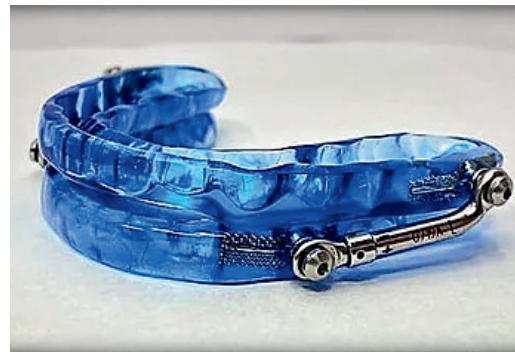
**Henry is thankful for finding a treatment that helps provide greater control of his diabetes as well as a much better night's sleep!**

#### *Henry has more energy than he has had in years.*

Henry has become accustomed to wearing his custom fit oral appliance and now he can't imagine sleeping without it. He is once again able to enjoy his life, and feel healthy and alert all day!

### What is Oral Appliance Therapy?

Oral Appliance Therapy (OAT) is the most widely accepted treatment for sleep apnea. It is an oral device designed to keep the upper airway open to prevent apneas. Oral appliance therapy does not involve medications or surgical treatment of the airway. OAT helps millions of people enjoy safe sleep and healthier life. Many patients experience the benefits quickly - often after the first night's use. There is no cure for sleep apnea at this time, but it can be successfully managed.



### What are the dangers of sleep apnea?

If you have sleep apnea, you are choking and suffocating during your sleep. The airway either becomes too narrow for sufficient air to reach your lungs, or it closes completely. In either instance, you are not getting the oxygen you need during sleep. Obstructive Sleep Apnea puts a burden on the heart and is conclusively linked to high blood pressure. It causes heart attacks and is a suspected cause of congestive heart failure. OSA also increases the difficulty in managing diabetes.

Obstructive Sleep Apnea also causes excessive daytime sleepiness, which can result in mood swings, difficulties at work or school, and even motor vehicle accidents.

#### What happens if sleep apnea is left untreated?

- Increase risk for high blood pressure, heart attack, heart failure, and stroke.
- Fatigue-related work and motor vehicle accidents.
- Decreased quality of life.
- Increased risk of type II diabetes mellitus and insulin resistance.

Sleep apnea actually causes you to stop breathing for short intervals throughout the night. Oxygen levels in your blood fall and carbon dioxide levels rise. This puts severe strain on your body.