

## We need restful sleep to think clearly, react quickly, and create memories

In fact, the pathways in the brain that help us learn and remember are very active when we sleep. If we snore, discovering the cause of your snoring and finding the right cure will vastly improve your health, your relationships, and, of course, your sleep. The Epworth Sleep Test below will help reveal just how snoring has affected you or someone you know.

### The Epworth Sleepiness Scale

Even if you haven't done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

0 = Would Never Doze      2 = Moderate Chance of Dozing  
1 = Slight Chance of Dozing      3 = High Chance of Dozing

Situation	Chance of Dozing
1. Sitting and reading	<input type="checkbox"/>
2. Watching TV	<input type="checkbox"/>
3. Sitting, inactive in a public place (Theatre or meeting)	<input type="checkbox"/>
4. As a passenger in a car for an hour without a break	<input type="checkbox"/>
5. Lying down in the afternoon	<input type="checkbox"/>
6. Sitting and talking to someone	<input type="checkbox"/>
7. Sitting quietly after lunch without alcohol	<input type="checkbox"/>
8. In a car, while stopped in traffic	<input type="checkbox"/>

**TOTAL:** \_\_\_\_\_

The higher the score, the greater the chances of a diagnosis of sleep apnea.

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## Do you think you have sleep apnea?

By now you should have taken the Epworth Sleepiness Test within this brochure. Discuss your test results with your dentist.

## A good night's sleep - EVERY NIGHT!

Your Dentist offers the complete solution for sleep apnea, including customized fitted, comfortable, quiet, easy-to-use, travel-friendly oral appliances.



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Sleep Apnea & Snoring

## DO YOU SNORE?

Are you always tired?



**Snoring is NO laughing matter!**

It's more than a annoying habit - it's a sign!

# Sleep Apnea

## How well do you sleep?

Just about everyone snores occasionally. Even a baby or a beloved pet may snore! But snoring can affect the quantity and quality of your sleep. Poor sleep can lead to daytime fatigue, irritability, poor behavior, trouble with relationships, and increased health problems. If your snoring is so loud that your bed partner can't sleep, you may end up banished from the bedroom.



*Sleep also affects mood. People who chronically lack sleep are also more likely to become depressed. Sleep disorders, deprive you of a "good night's sleep", chronic daytime exhaustion, and long-term cardiovascular stress.*

**If you snore regularly and experience the symptoms above, you may have a condition called sleep apnea. Although it is widespread as Asthma and Diabetes, sleep apnea often remains undiagnosed - a "hidden epidemic."**

## What exactly is sleep apnea?

Normally, the muscles that control the upper airway become narrow and some people begin to snore. If the airway becomes too narrow, this may cause breathing difficulties. Sometimes, the airway becomes completely blocked and the person temporarily stops breathing, experiencing an "obstructive apnea." This can last for ten seconds or more. It may happen frequently - even several hundred times a night.

## Signs of Sleep Apnea

- Has your partner noticed that you gasp or stop breathing during sleep?
- Do you often wake up feel unrefreshed?
- Do you sometimes feel excessively sleepy during the day?
- Have your energy and motivation levels decreased?
- Do you find it difficult to concentrate?



**If you answer "YES" to any of these questions, you may be at greater risk from sleep apnea.**

- ☐ Are you overweight?
- ☐ Are you a heavy snorer?
- ☐ Does anyone else in your family have a history of snoring and sleep apnea?



**Did you know that sleep apnea is associated with serious health conditions?**

- ☐ Do you suffer from high blood pressure?
- ☐ Have you suffered a stroke or heart attack/disease?

## Serious risk to your health

Recent research shows that snoring and sleep apnea are associated with many serious conditions. Left untreated, they are a contributing risk factor in high blood pressure, heart disease, stroke, diabetes, and depression.

- More than 35% of people continue to suffer from high blood pressure, increasing their risk of heart disease.<sup>1</sup>
- Significantly, 83% of people who continue to suffer from high blood pressure despite taking three or more drugs, also have sleep apnea.<sup>2</sup>
- Almost 70% of people who have had a stroke have sleep apnea.<sup>3</sup>
- A person with sleep apnea is seven times more likely to have a car accident.

## Can this condition be treated? How?

There are many effective treatments for snoring. A widely accepted treatment for sleep apnea is oral appliance therapy. An oral device custom fit by your dentist is designed to keep your airway open and help prevent apneas.



## The American Academy of Sleep Medicine

Data show that oral appliance therapy can significantly reduce sleep-disordered breathing, and patient adherence to the treatment may be higher than for CPAP therapy.

This treatment doesn't involve drugs or surgery and helps hundreds of thousands of people all over the world to enjoy healthier sleep and a healthier life. Many experience the benefits quickly - often during the first night of use.