

Snoring may be affecting your life in ways you may not be aware of

A common misconception is that snoring is merely an annoyance, not a health issue. The truth is that snoring can affect the health of the snorer and their bed partner. Snoring disrupts the sleep of the snorer as well as those within earshot, to the detriment of all.

The snorer and family members whose sleep is disrupted experience broken sleep patterns that can adversely impact their quality of life and overall health.

The most common side effects of disrupted sleep are:

- Difficulty concentrating/learning
- Memory loss
- Anxiety and depression
- Headaches
- Irritability
- Increased blood pressure
- Cardiovascular disease
- Reduced libido
- Excessive daytime fatigue

Another important factor is that relationships may be strained during periods of excessive sleep disruption. Often the snorer is not even aware of what is happening as the sleep partner becomes more and more frustrated.

If snoring is keeping you or your family up at night, isn't it time you found a solution that works? Ask your dentist if oral appliance therapy is right for you.

Sleep is a major part of our overall health

The following brief quiz from the American Academy of Sleep Medicine may provide a clue as to how healthy your sleep is.

If you answer true more than twice, you may want to discuss this quiz with your dentist. Ask about the possibility of oral appliance therapy.

Epworth Questions

	TRUE/FALSE	
1. I feel sleepy during the day, even when I get a good night's sleep.	<input type="checkbox"/>	<input type="checkbox"/>
2. I get very irritable when I can't sleep.	<input type="checkbox"/>	<input type="checkbox"/>
3. I often wake up at night and have trouble falling back to sleep.	<input type="checkbox"/>	<input type="checkbox"/>
4. It usually takes me a long time to fall asleep.	<input type="checkbox"/>	<input type="checkbox"/>
5. I often wake up very early and can't fall back asleep.	<input type="checkbox"/>	<input type="checkbox"/>
6. I usually feel achy and stiff when I wake up in the morning.	<input type="checkbox"/>	<input type="checkbox"/>
7. I often seem to wake up because of dreams.	<input type="checkbox"/>	<input type="checkbox"/>
8. I sometimes wake up gasping for breath.	<input type="checkbox"/>	<input type="checkbox"/>
9. My bed partner says my snoring keeps him/her from sleeping.	<input type="checkbox"/>	<input type="checkbox"/>
10. I've fallen asleep driving.	<input type="checkbox"/>	<input type="checkbox"/>



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Sleep Apnea & Snoring

QUALITY SLEEP



Oral Appliance Therapy

Healthier life for you and your family!

A comfortable option for treating snoring and obstructive sleep apnea: Oral Appliance Therapy

Oral Appliance Therapy care custom made by your dentist. Oral Appliance Therapy comfortably stabilizes the airway by moving the lower jaw and tongue forward and tightening the muscle across the front of the throat, thus, eliminating the vibration of muscles and tissues that causes snoring and sleep apnea.

How effective are oral appliances at improving your sleep and overall health?

Below you will find the results from the US department of Health's survey using oral appliances for treatment of snoring and sleep apnea

- 97% of patients who used the oral appliance considered it effective in eliminating or reducing sleep apnea and snoring.
- 75% of patients who used the oral appliance reduced sleep apnea by more than 50%.
- 58% of patients who used the oral appliance eliminated sleep apnea.
- 70% of patients who used the oral appliance and 70% of their bed partners reported improvements of snoring.
- 91% of these bed partners reported they slept better after their partners wore the oral appliance.
- 100% of patients who used the oral appliance reported improvement in daytime function&.
- 75% of patients who used the oral appliance were more alert.
- 75% of patients who used the oral appliance experienced a reduction in sleepiness.
- Patients who used the oral appliance reduced sleep apnea symptoms by 60% (31 AHI-14AHI). 80% of users preferred the oral appliance over the CPAP machine in the treatment of sleep apnea and snoring.
- Patients who used the oral appliance experienced a healthy drop in blood pressure, from 132.0/82.1 - 127.5/79.2 mmHg.
- Source: U.S. Department of Health found oral appliances eliminate or reduce sleep apnea, [hhs.gov](https://www.hhs.gov); U.S. Department of Health & Human Services found in 127 cases with 3,027 patients.



A sound sleep is more than just a simple pleasure; it is a contributing factor to a healthy life. Luckily, although snoring is a widespread problem that disrupts the sleep of many, it can be effectively managed and treated by wearing an oral appliance. An oral appliance is custom fit to your teeth and fabricated in a dental laboratory. Whether you or someone you know snores or if snoring is keeping you from a good night's rest, ask your dentist whether oral appliance therapy is an option for you.



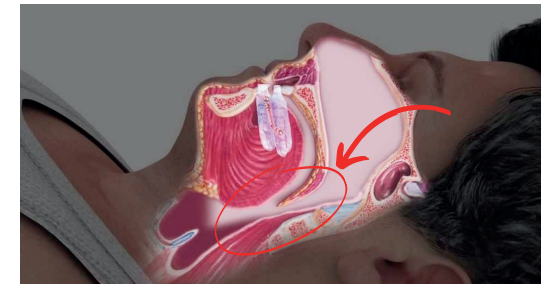
What causes snoring or sleep apnea? Snoring is the sound of obstructed breathing that occurs when the airway is narrowed, restricted, or collapses. As a result, air is forced to move more rapidly through the airway, causing unsupported structures in the throat to vibrate. Large tonsils, a long soft palate or uvula, and excess fat deposits all contribute to airway narrowing.



Obstructive sleep apnea

This is the airway of a person who snores. Notice the blocked airway which makes it difficult to breathe normally.

Oral Appliance Therapy (OAT) silences snoring and controls sleep apnea. OAT should be worn whenever a patient is sleeping. Once inserted into the mouth, the device repositions the jaw downward and slightly forward. This enables the muscles to dilate and support the airway. This also prevents the tongue from falling back and restricting the flow of air.



Airway of a sleeper breathing safely with an oral appliance. Notice the opened and unobstructed airway which eliminates the noise associated with snoring. When air moves freely through the airway, the sleeper will breathe normally without snoring.