

A photograph of a young man and woman lying in bed, smiling warmly at the camera. They are covered with white sheets, and the man is resting his head on the woman's shoulder. The scene is bright and intimate.

Sleep Apnea

Save your life...
and your sanity

Poor sleep contributes to a lengthy list of maladies, and may even be the sole cause of many chronic diseases.

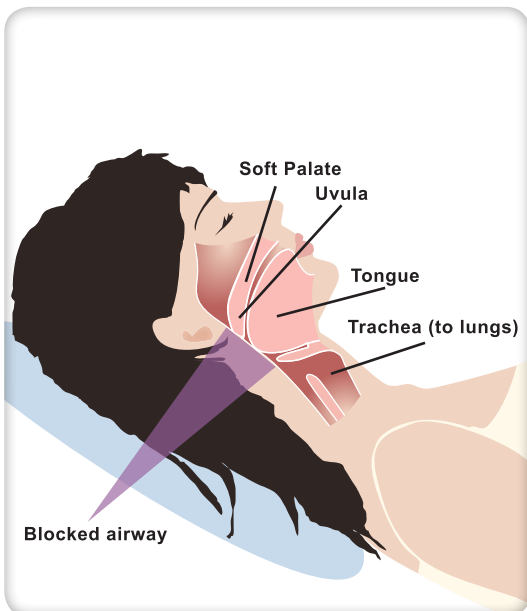
The most common interruption to sleep is Obstructive Sleep Apnea (OSA). OSA is a serious disorder characterized by brief interruptions of breathing during sleep due to a blockage in the airway. Obstructions occur when throat muscles, tongue, tonsils, or the soft palate falls back into the throat. The obstruction results in a severe drop in blood oxygen levels throughout the night.



Think of your airway like a hose, allowing air to flow from your mouth to your lungs. When the airway collapses, the hose turns into a straw. If you try to breathe normally through a straw, you'll quickly feel the stress your body feels when this happens. Suddenly the amount of oxygen available to saturate your bloodstream becomes scarce.

If you measure the oxygen saturation level of your blood

during the day, you'll probably discover that you're at least 97% saturated. If you were in the hospital and showed levels dropping into the low 90's, you'd be given oxygen to raise the levels. But with apnea, patients frequently show drops into the 70's or 80's, a level of distress that creates critical problems in your body. Worse, these reductions can occur many times per hour, night after night.



RATE YOURSELF

If you answer **YES** to **even ONE** of the following questions, the risk of obstructive apnea runs high. Screening and testing should be completed as soon as possible.

- Do you have high blood pressure?
- Do you have diabetes?
- Does anyone say you snore?
- Do you ever wake up choking or gasping?
- Have you been told you stop breathing at night?
- Do you frequently wake up with headaches or feel excessively tired during the day?

ESSENTIAL STEPS

OSA is usually diagnosed using a polysomnogram or a sleep study. During a sleep study, a sleep physician may monitor brain activity and body system functioning while a patient sleeps overnight in a lab designed to simulate a bedroom. Sleep tests can now often be done in the comfort of your own home with a referral from our team. The specialist evaluates the study data collected to diagnose sleep disorders and recommends treatment. Other sleep disorders, including a serious condition called

1 IN EVERY 15

Americans have a case of sleep apnea

1 IN EVERY 50

people are undiagnosed with sleep apnea

38,000 DEATHS

annually are connected to sleep apnea

Central Sleep Apnea, need to be considered.

The gold standard for treating Obstructive Sleep Apnea is Continuous Positive Airway Pressure (CPAP). A mask uses steady air pressure to keep the airway inflated and works nearly 100% of the time. However, many patients experience difficulty using CPAP. In fact, only 40% of patients prescribed CPAP use the system consistently. Therapy is only effective if it's used, and CPAP compliance is a major challenge with this lifetime treatment.

FORTUNATELY, THERE IS AN ALTERNATIVE

In 2015, the American Academy of Sleep Medicine published comprehensive guidelines for the treatment of OSA with oral appliances. As a result, any patient that is intolerant of CPAP or requests alternate treatment should be prescribed an oral appliance. But the guidelines also dictate an adjustable, custom appliance be constructed, with oversight by a dentist trained in sleep medicine.

Properly constructed oral appliances help position the jaw in a precise location, maintaining an open airway throughout the night. This allows you to breathe like you do during the day, which



keeps blood oxygen levels in the proper range. Oral appliances are generally more tolerable than CPAP and boast much higher compliance rates.

Our team can evaluate your airway and discuss your specific risk factors for sleep apnea. Most importantly, we help patients find the best way to conduct a sleep study and determine the severity of their suspected condition. After a certified sleep doctor establishes a formal diagnosis, we can decide which form of therapy fits you best. The key is to find the treatment you'll practice every night, extending both the quantity and quality of your years.

CONTACT US TODAY FOR A SLEEP HEALTH CONSULTATION. WE'LL HELP YOU DISCOVER THE LIFE-SAVING BENEFITS OF SOUND SLEEP!