

TIRED OF BEING TIRED?



WINDSOR
DENTAL CARE



The quality of your sleep can impact you emotionally, physically and your overall general health. Poor sleep can cause chronic fatigue, daytime drowsiness, irritability and loss of focus. It affects your bed partners, can increase your risk of disease and it has even led to people dying.

We will help you achieve a new, more rested and most importantly a healthier you. The quality of your sleep can impact your entire life, emotionally, physically, and health wise. Poor sleep can cause chronic fatigue and daytime drowsiness, irritability and loss of focus. It affects your bed partners. Increases risk of disease and even death.

HOW WELL DO YOU SLEEP?



Do you snore? You may have something more serious wrong with you. Snoring affects millions of people and can be more than just a bothersome to you or a loved one.



DO YOU FIND YOURSELF STRUGGLING TO STAY AWAKE DURING THE DAY?

DO YOU SUFFER FROM ANY OF THE FOLLOWING :

- Loud snoring
- Breathing stoppages during sleep
- Abrupt awakenings with shortness of breath
- Waking with a dry mouth or sore throat or even chest pain
- Morning headaches
- Difficulty concentrating during the day
- Mood changes, such as depression or irritability
- Difficulty staying asleep
- High Blood Pressure

TIRED OF BEING TIRED?

Answer each of the following as they apply to you. Record how many you answer “yes” to.

- Do you Snore loudly?
(louder than talking or loud enough to be heard through closed doors?)
- Do you often feel Tired, fatigued or sleepy during the daytime?
- Has anyone Observed you stop breathing during your sleep?
- Do you have or are you being treated for high blood Pressure?

- Do you have a BMI of more than 35?
- Are you over 50 years old?
- Is your Neck width greater than 16 inches?
- Are you a Male?

Do you have your total recorded?



**ANOTHER STOCK PICTURE ...
I CAN HELP WITH THIS PART TOO SARAH!**

YOU MAY BE AT RISK FOR SLEEP APNEA!

If you answered "Yes" to any of the questions on the previous page you may be at risk for a serious disorder called Sleep Apnea.

Sleep Apnea can occur when the muscles in the back of the throat relax too much or fatty deposits around the muscles fail to allow for normal breathing.

Anyone can develop Sleep Apnea, even children.

Yes to 5-8 QuestionsHIGH Risk of OSA (Obstructive Sleep Apnea)

Yes to 3-4 QuestionsIntermediate Risk of OSA

Yes to 0-2 QuestionsLow Risk of OSA

YOU MAY BE AT RISK FOR SLEEP APNEA!

WHAT HAPPENS WHEN WE HAVE SLEEP APNEA?



You suffer from periods of inadequate breathing. The AHI is a measure of your breathing over the course of one hour. In a severe case you may stop breathing for more than 30 times per hour. Imagine holding your breathe under water, then coming to the surface gasping for air. That's what happening to you over and over each hour when you sleep with Sleep Apnea.

The next option to consider would be surgical removal of tissue. On the plus side it can typically be performed as an out patient. However, doctors remove tissue from the back of your mouth and the top of your throat, it is irreversible and does not treat sleep apnea, but may reduce the snoring.

The third option is equally invasive. Jaw surgery which corrects potential cosmetic concerns, but, on the down side the upper and lower parts of your jaw are moved forward from the rest of your facial bones. Many complications include permanent numbness of your mouth and TMJ problems, and once again is irreversible.

This very nicely leads into the fourth option which is the least intrusive, a simple oral appliance. Oral appliances are typically covered by medical insurance. Snoring is resolved and they are small and easily portable. It may take a few initial visits to the dentist to adjust to your specific needs. However, after time many patients can make these adjustments themselves at home. The device, as you can see from the pictures, is small and is designed to bring your lower jaw and tongue forward while you are sleeping.

MEASURING YOUR SLEEP APNEA?



WHAT NOW

1. First step is to have a sleep study performed to see the degree of severity of your condition. You can either have this done overnight at a sleep laboratory or with a small portable machine in the comfort of your own home.
2. If using medical insurance, an estimate is sent with the results of your sleep study.
3. The next step is a short visit to take impressions of your upper and lower jaw.
4. Then the custom appliance is made at the laboratory in 2-3 weeks.
5. Cost of the appliance is approximately \$1800. If this is not covered by your insurance plan, payment plans can be arranged.

How successful are the appliances

VERY, typically more so than the alternatives, in contrast to the CPAP machine which more than 50% of people are non compliant with after the first year.

Is it painful?

Absolutely not, it will be the best dental visit you ever have, just a few simple impressions before, and then maybe an adjustment if needed once it's made.

How do I care for the appliance?

Just rinse clean after you take it out, and store it in a container, this step is especially important if you have a dog, because for some reason dogs just love to chew this type of appliance.



WHAT IF YOU DON'T HAVE TEETH, WE CAN STILL MAKE AN APPLIANCE FOR YOU .

A sleep appliance from your dentist can both change and save your life. You may even make your partner happy if you stop snoring. Part of the reason for the high rate of success with appliance therapy is , they are comfortable, small, convenient and easy to carry for travel, you can enjoy being more focused and energized, your partner will be happier and they can prevent the risk of serious disease and even early death. There is a greater chance you will be around longer to enjoy your families.

SO HERE IS A REMINDER OF THE BENEFITS YOU MAY HAVE

- Improved memory
- You'll live longer
- Reduced over all body inflammation
- A healthy weight
- Lower stress
- Avoid accidents when driving or operating machinery
- Steer clear of depression
- Sharpen attention span
- Andspur creativity

ARE YOU AT RISK FOR SLEEP APNEA?



WHATS NEXT?

Many patients tell us their lives have improved and they wish they had started treatment sooner.

SO THE NEXT STEPS TO A HAPPIER AND HEALTHIER YOU ARE SIMPLE:

- Schedule a visit with your dentist for a thorough review of your situation
- We will work with you to plan the best course of action
- Then we schedule your treatment



HOW LOW CAN BLOOD OXYGEN GET?

Often times for patients with sleep apnea the concentration of oxygen in their blood dips into the low 80% range and can go lower.

Typically during surgery with general anesthesia oxygen levels are always kept in the safe range of above 90%.

The more severe the sleep apnea the lower the blood oxygen and for a longer period of time.

This can lead to a host of other undesirable side effects.

OTHER EFFECTS SLEEP APNEA HAS ON YOUR

During stoppages in breathing the body turns to its fight or flight response as oxygen levels dip (breathing stops) and adrenalin is released. This can happen as few as 40 times during the course of 8 hours of sleep (mild OSA) to 240 times (severe OSA) This has a trickle down affect on the whole body with many undesirable outcomes.

Sleep apnea increases your risk of high blood pressure, heart disease and stroke.

Moderate sleep apnea can increase your risk of death by 17% while those that are severe have a 46% increased risk of death.

Reggie White was a Hall of Fame Football player who suffered from sleep apnea. His early death at the age of 43 was believed to be related to his sleep apnea.



OTHER HEALTH PROBLEMS LINKED TO SLEEP APNEA

Obesity. Poor sleep leads to low levels of appetite control hormone Leptin.

Morning Headaches.

GERD (Gastro Esophageal Reflux Disease)

Anxiety and Depression

Increased risk of automobile accidents.

Difficulty staying focussed and alert.

Eye problems such as glaucoma.

WHAT CAN YOU DO TO HELP IMPROVE YOUR SLEEP?

Weight Loss

Avoiding alcohol

Changing your Sleep Position

Use of a Nasal Spray.

In majority of cases this is NOT enough.

MORE INVASIVE OPTIONS TO CORRECT YOUR SLEEP APNEA

Use of CPAP Machine
(cumbersome, loud for bed partner,
dries mouth which can lead to cavities).

Surgical Removal of Tissue at back of Throat.
(irreversible and can only help with snoring)

Jaw Surgery (irreversible, can lead to TMJ problems and
potential for permanent numbness to parts of the mouth)

There is one other option that is conservative
and people have great success using.



ORAL APPLIANCE THERAPY FOR TREATING SLEEP APNEA

Least Intrusive.

Resolves Snoring.

Small and Easily Portable

Easily Adjustable to Position Tongue and
Lower Jaw forward to Open Airway

Appliance Therapy typically has higher rate of success due to
patient compliance when compared to CPAP
(often times people are simply noncompliant after the first year)

Typically Covered by Insurance

OTHER HEALTH PROBLEMS LINKED TO SLEEP APNEA



Roughly 60% of type II diabetic patients have OSA because it contributes to Insulin Resistance

Obesity. Poor sleep leads to low levels of appetite control hormone Leptin.

Morning Headaches.

GERD (Gastro Esophageal Reflux Disease)

Anxiety and Depression

Increased risk of automobile accidents.

Difficulty staying focussed and alert.

Eye problems such as glaucoma.

WHAT COULD AN ORAL APPLIANCE DO FOR YOU?

Potentially save you from an early death.

Potentially save you stress in your relationship with your bed partner.

Potentially save you from increased body inflammation
(known to lead to other disease processes)

Potentially save you from becoming depressed.

Potentially save you from becoming a type II Diabetic or decrease risk of becoming obese.

Concerned that you or a loved one may be at risk for having sleep apnea?

Have you been diagnosed with sleep apnea but unable to wear your CPAP?

If you would like call us today and our team at Your Windsor Dental Care will work with you to help prevent you from losing your most important part of your life.....Your Health!

855-910-9927



VISIT US AT
YOURWINDSORDENTALCARE.COM