

Dentists Treat Sleep Apnea, Too



Did you know that many dentists are trained to help treat and manage your snoring and sleep apnea? The American Academy of Dental Sleep Medicine (AADSM) is a professional society for dentists who help patients control snoring and obstructive sleep apnea through the use of oral appliance therapy. Dr. Robert Tilkin has been a member of the AADSM since 1995.

If you have trouble tolerating continuous positive airway pressure (CPAP) therapy or prefer an alternate treatment for sleep apnea, talk to Dr. Tilkin today. Oral appliance therapy can help you and your bedpartner get a good night's sleep, and it will improve your health and quality of life.

About Dental Sleep Medicine



Dental sleep medicine is an area of dental practice that focuses on the use of oral appliance therapy to treat sleep-disordered breathing, including snoring and obstructive sleep apnea (OSA). Dentists work together with sleep physicians to identify the best treatment for each patient.

Dentists and Oral Appliance Therapy

Dentists pioneered the use of oral appliance therapy for the treatment of obstructive sleep apnea and snoring in adults. An oral appliance is a device worn in the mouth only during sleep. It fits like a sports mouth guard or orthodontic retainer. A custom-fit oral sleep appliance is an effective treatment that prevents the airway from collapsing by supporting the jaw in a forward position.

Snoring and Obstructive Sleep Apnea

Snoring is a common warning sign for obstructive sleep apnea. Prior to treatment, you should be diagnosed by a board certified sleep medicine physician. If you have snoring without sleep apnea, your doctor should give you a prescription for an oral sleep appliance. If you have sleep apnea, your doctor will discuss treatment options with you.

The most common treatment for sleep apnea is continuous positive airway pressure (CPAP) therapy. The CPAP machine keeps your airway open by providing forced air through flexible tubing. CPAP therapy requires you to wear a mask as you sleep. Although CPAP therapy is effective, some people are unable to adhere to it. Your doctor should consider giving you a prescription for a sleep apnea appliance if you are unable to tolerate CPAP therapy or prefer an alternate treatment. Many people like an oral appliance because it is comfortable, quiet, portable and easy to wear. In some severe cases of sleep apnea, upper airway surgery may be another treatment option.

Snoring

Your sleep impacts every aspect of your health and daily life. Sleeping well helps you look, feel and perform your best. But a sleep problem can be harmful to your health and well-being. One of the most common sleep problems is snoring. Learn more about the warning signs and how you can get help.

About Snoring

Snoring is a sound that occurs during sleep when soft tissue in the upper airway vibrates as you breathe. Snoring is extremely common in men, but also occurs frequently in women, especially during pregnancy and after menopause. Obesity, nasal obstruction, alcohol and smoking all increase the risk of snoring.

The sound of snoring tends to be most disturbing to a bed partner or roommate, but loud snoring can wake the person who snores, too. Loud and frequent snoring is a common sign of obstructive sleep apnea.

How is Snoring Diagnosed?

A doctor must determine if your snoring is a sign that you have obstructive sleep apnea. A doctor who is a sleep specialist can provide you with a complete sleep evaluation. This may involve either an overnight sleep study at a sleep center or a home sleep apnea test. The sleep doctor will interpret the data from your sleep study to make a diagnosis.

How is Snoring Treated?



Research shows that **oral appliance therapy** is an effective treatment option for snoring and **obstructive sleep apnea**. An oral sleep appliance is worn in the mouth only while you sleep and fits like a sports mouth guard or an orthodontic retainer. Oral appliances support your jaw in a forward

position to help maintain an open upper airway. Oral appliances are quiet, portable and easy to care for.

Losing weight, avoiding alcohol and smoking, and sleeping on your side also can help reduce snoring. If you and your doctor decide that oral appliance therapy is the best treatment option for you, then your doctor will write a prescription for you to receive a custom-made oral appliance. You also will receive a referral to a qualified dentist who can provide oral appliance therapy.

More than 100 oral appliances have received FDA clearance. Your dentist will recommend the device that is best for you.

Oral appliance therapy is covered by many medical insurance plans.

Get Help

Talk to your doctor about treatment options for snoring. Ask if oral appliance therapy might be the right solution for you. Get help today to improve your sleep and your health!

Obstructive Sleep Apnea

Your sleep impacts every aspect of your health and daily life. Sleeping well helps you look, feel and perform your best. But a sleep problem can be harmful to your health and well-being. One of the most common sleep problems is obstructive sleep apnea. Learn more about the warning signs and how you can get help.

About Obstructive Sleep Apnea



Approximately 25 million adults in the U.S. have obstructive sleep apnea (OSA), which can cause them to stop breathing hundreds of times a night for anywhere from a few seconds to more than a minute.

Sleep apnea is a chronic condition that occurs when your muscles relax during sleep, allowing soft tissue to collapse and block the airway. As a result, repeated breathing pauses occur, which often reduce your oxygen levels. These breathing pauses are followed by brief awakenings that disturb your sleep.

Common signs of sleep apnea include snoring and gasping or choking sounds during sleep. Like snoring, sleep apnea is more common in men, but it can occur in women too, especially during and after menopause. Having excess body weight, a narrow airway or misaligned jaw all increase the risk of sleep apnea.

Is Treating OSA Important?

Treating obstructive sleep apnea is incredibly important to your health. When left untreated, sleep apnea often causes excessive daytime sleepiness or fatigue, as well as morning headaches and memory loss. Sleep apnea also is a threat to your safety as it increases your risk of drowsy driving and workplace accidents. Untreated sleep apnea

raises your risk for serious health problems. These include:

- High blood pressure
 - Stroke
 - Heart disease
 - Diabetes
 - Chronic acid reflux
 - Erectile dysfunction
- Severe, untreated sleep apnea even increases your risk of death.

How is OSA Diagnosed?

A doctor must determine if you have obstructive sleep apnea. A doctor who is a sleep specialist can provide you with a complete sleep evaluation. This may involve either an overnight sleep study at a sleep center or a home sleep apnea test. The sleep doctor will interpret the data from your sleep study to make a diagnosis.

How is OSA Treated?

Your sleep doctor will discuss treatment options with you. These options include continuous positive airway pressure (CPAP) therapy, oral appliance therapy and surgery.

- CPAP therapy involves wearing a face mask connected by tubing to a constantly running machine.
- Oral appliance therapy uses a mouth guard-like device - worn only during sleep - to maintain an open, unobstructed airway.
- Surgical options include a variety of procedures. All have varying side effects and rates of success.



Research shows that oral appliance therapy is an effective treatment option for snoring and obstructive sleep apnea. An oral appliance is worn in the mouth only while you sleep and fits like a sports mouth guard or an orthodontic retainer. Oral appliances support your jaw in a forward position to help maintain an open upper airway.

Many patients consider a sleep apnea appliance to be more comfortable to wear than a CPAP mask. Oral appliances also are quiet, portable and easy to care for.

If you and your doctor decide that oral appliance therapy is the best treatment option for you, then your doctor will write a prescription for you to receive a custom-made sleep apnea appliance. You also will receive a referral to a qualified dentist who can provide oral appliance therapy. More than 100 oral appliances have received FDA clearance. Your dentist will recommend the device that is best for you. Oral appliance therapy is covered by many medical insurance plans.

Get Help

Talk to your doctor about treatment options for **snoring** and sleep apnea. Ask if **oral appliance therapy** might be the right solution for you. Get help today to improve your sleep and your health!

Oral Appliance Therapy



Oral appliance therapy is an effective treatment option for snoring and obstructive sleep apnea (OSA). A custom-fit oral sleep appliance can improve your sleep, restore your alertness and revitalize your health. Here is a guide to help you get started with this life-changing treatment.

About Oral Appliance Therapy

Worn only during sleep, an oral appliance fits like a sports mouth guard or an orthodontic retainer. It supports the jaw in a forward position to help maintain an open upper airway. Research shows that oral appliance therapy is an effective treatment option for snoring and obstructive sleep apnea.

If you and your doctor decide that oral appliance therapy is the best treatment option for you, then your doctor will write a prescription for you to receive a custom-made oral appliance. You also will receive a referral to a qualified dentist who can provide oral appliance therapy. More than 100 oral appliances have received FDA clearance. Your dentist will recommend the oral appliance that is best for you. Oral appliance therapy is covered by many medical insurance plans.

Advantages of Oral Appliance Therapy

Oral appliance therapy is an effective, non-invasive treatment that fits easily into your lifestyle. Patients like oral appliance therapy because it is:

- Comfortable
- Easy to wear
- Quiet
- Portable
- Convenient for travel
- Easy to care for

How a Dentist Can Help: The First Visit



Dentists work closely with physicians to treat snoring and sleep apnea. At your first visit, your dentist will talk to you about the benefits of treatment. You also will receive information on the potential side effects and the cost of therapy.

Then your dentist will conduct a complete clinical evaluation. This will include an examination of your teeth, jaw, tongue and airway, and possibly a new X-ray of your mouth.

Making and Fitting Your Oral Appliance

Oral appliances are customized using digital or physical impressions and models of your teeth. These models are sent to a dental lab where the appliance is made.

Once your oral appliance is ready, you will return to your dentist's office for a fitting. Your dentist will adjust the appliance to maximize its comfort and effectiveness. You also will learn how to clean the oral appliance and maintain it. After this fitting, your sleep doctor may schedule you for a sleep study to verify treatment success.

Follow-Up Visits

Follow-up visits with your dentist will be needed to ensure the optimal fit of the oral appliance. Effective oral appliances are always custom fit and adjusted over time to ensure maximum effectiveness. Your dentist also will schedule you for an annual assessment. These routine visits are an important part of your long-term treatment success.

Living with Oral Appliance Therapy



Treating **snoring** or **obstructive sleep apnea** with oral appliance therapy can help you feel like a new person. You will find that your symptoms, and your quality of life, can improve dramatically when you remain committed to your treatment and use it nightly. It is likely that you will sleep better, have more energy and feel sharper throughout the day. You may find that your bed partner begins to sleep better, too!

Treating sleep apnea promotes a healthier heart, body and mind. With your dentist's help, you can improve your sleep and your health!

Teen Drowsy Driving



Drowsy driving is as dangerous as drunk driving, and teens have the highest risk. The AAA Foundation for Traffic Safety estimates that each year drowsy driving causes at least 328,000 motor vehicle accidents.

Sadly, many of these crashes - at least 6,400 each year - are fatal. No one is safe when you drive drowsy.

Why Risk It?

There is no "drowsiness test" to measure how sleepy you feel. And research shows that we often over estimate our level of alertness. So you may be drowsier than you think you are!

Tricks Don't Work!

Turning the radio up or rolling down the windows may help for a few minutes if you are drowsy, but it will not keep you from falling asleep in the driver's seat.



Signs of Drowsy Driving

- Yawning constantly
- Unable to keep your eyes open
- Restlessness and irritability
- Nodding off

- Daydreaming or wandering thoughts
- Drifting into other lanes
- Can't remember the last few miles
- Ending up too close to cars in front of you
- Missing road signs
- Driving past turns
- Moving onto the "rumble strip" or road shoulder

Why Tell Me?

- Teens have a hard time getting enough sleep and often struggle with drowsiness.
- Drivers between the ages of 16 and 24 are 80% more likely to be involved in a drowsy driving crash than adults who are 40 years of age or older.
- Drowsy driving accidents are often fatal.
- Most drowsy driving accidents occur between midnight and 6 a.m.
- Drowsy driving can be prevented!

How Do I Prevent Drowsy Driving?

1. Plan ahead by taking an afternoon nap before driving late at night.
2. Have some caffeine and then wait 30 minutes for it to take effect before driving.
3. Take a taxi or bus, or call home for a ride, instead of driving when you are tired.
4. Switch drivers if another alert driver is with you.
5. If sleepy, pull over in a safe place and take a 20-minute nap. Then, walk around to wake up before driving.

Don't drive after taking a medication that causes drowsiness, and never drink alcohol and drive!

Is It Worth It?



Drowsy driving is as dangerous as drunk driving. Drowsy driving can cause impaired judgment and delayed reactions, or cause you to drift off the road or into oncoming traffic.

Drowsy driving causes mistakes behind the wheel. ***Even fatal driving mistakes.***

Don't become a statistic.

A memory.

A marker on the side of the road.

Drive safely. Stay awake at the wheel.

Make sure your Prom night has a happy ending. No mistakes. No regrets. No drowsy driving.