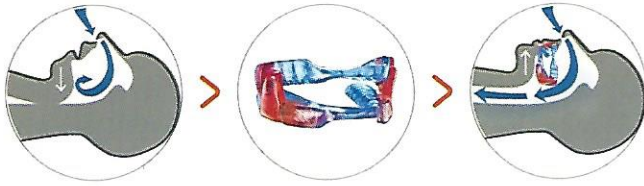


Enjoy better sleep and wake up refreshed!

How sleep appliances effectively treat sleep apnea.

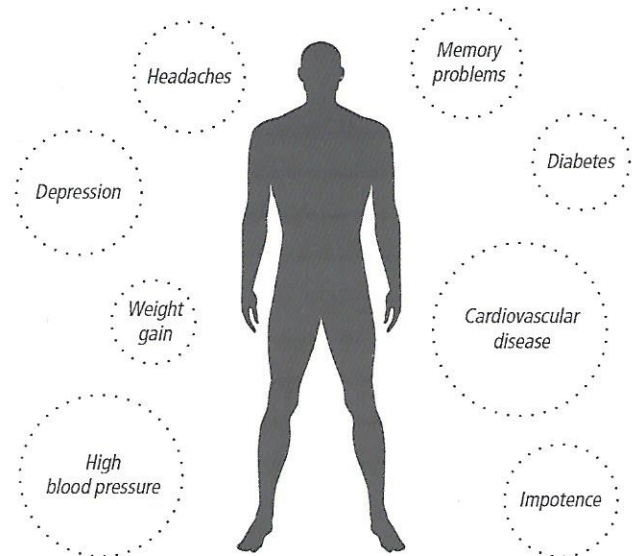


Abnormal jaw position in patients with sleep apnea.

Normal jaw position supported by sleep appliance in patients with sleep apnea.

The appliance moves the lower jaw forward and holds it there while the patient sleeps. In doing this, the tongue is also pulled forward and is prevented from falling back and occluding the airway.

Left untreated, sleep apnea can lead to:



and many others...

Sleep Apnea is the temporary stoppage of breathing during sleep. There are three types of apnea: obstructive, central and mixed; of the three, obstructive is the most common. People with untreated sleep apnea stop breathing repeatedly during the night, maybe hundreds of times.

Obstructive Sleep Apnea (OSA) is caused by a blockage in the airway, usually when soft tissue in the rear of the throat collapses and closes during sleep.

Snoring: Most of us don't think of snoring as something to be overly concerned about. However, frequent loud snoring may be a sign of sleep apnea.

Recognizing Sleep Apnea

If you experience any of the following symptoms, you may suffer from sleep apnea

- Daytime fatigue
- Morning drowsiness
- Insomnia
- Gasping for breath in the middle of the night
- Snoring

⋮ Sleep Apnea Can be...

Diagnosed*
& **Treated**
at the dental office.

*A sleep test is required to be diagnosed.