

Bed Partner Blues?

Tired of waking up in the middle of the night? If your bed partner snores, it may be affecting you more than you think.

Sleep deprivation can become problematic over time and should be properly addressed. Many times your bed partner will deny the issue or overlook it.

Sleep Apnea

Obstructive Sleep Apnea (OSA) occurs when the tongue and soft palate collapse onto the back of the throat, blocking air flow into the lungs. Lacking oxygen, the brain awakens the sleeping person to breathe (up to 300 times/night), depriving the person of essential REM sleep and causing a list of problems associated with chronic lack of sleep.

What Is It?

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep. Even though this process can happen hundreds of times each night most are not aware it is happening.



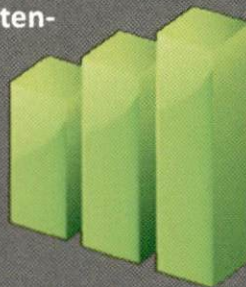
Are You Suffering From:

- ◆ Fatigue
- ◆ Aches & Pains
- ◆ Depression
- ◆ Loss of Memory or Hearing

If you have any of these symptoms, contact your dental care provider for more information on how to sleep more comfortable and breathe easier.

OSA: STATS & FACTS

- 1 in 5 adults have it
- 30 Million Americans Snore
- Fewer than 10% have been diagnosed
- Nearly 50% of middle-aged adults snore.
- Obstructive Sleep Apnea (OSA) increases the risk of heart attacks, hypertension, congestive heart failure, stroke, diabetes, reflux disease, impotence, motor vehicle accidents.
- Your partner can lose up to 1 hour of sleep due to snoring.



10

SIGNS

You May Have OSA:

- Daytime Sleepiness
- Snoring
- Depressed
- Forgetful
- Morning Headaches
- Unrefreshing Sleep
- Experienced Gasping
- Energy Loss
- Memory Loss
- Grinding Teeth at Night

ORAL APPLIANCE BENEFITS

- Covered by most medical insurances
- Easy to use and comfortable to wear
- Easy to travel with
- Better sleep
- Improved daytime functioning
- Higher compliance rates than CPAP therapy
- Less snoring
- May help improve the sleep of your partner



TEST YOURSELF QUICKLY

How likely are you to doze off or fall asleep during the following:

- 1 = Slight chance of dozing
2 = Moderate chance of dozing
3 = High chance of dozing

ACTIVITY

SCORE

Sitting and Reading.

Watching TV.

Sitting inactive in a public place (theater, meeting, etc).

As a car passenger, for 1 hour, no breaks.

Laying down to rest in the afternoon, when circumstances permit.

Sitting and talking to someone.

Sitting quietly after lunch, no alcohol.

In a car, stopped in traffic.

TOTAL

TREATMENT

There is over 15 years of evidence supporting the effectiveness of oral appliances. This specially designed "mouth piece" fits over your teeth and is custom-made for you by a licensed dentist who has advanced training in dental sleep medicine. Our custom designed orthotic device gently realigns the tongue and jaw to assure an open airway and allow normal air flow to the lungs as you sleep.

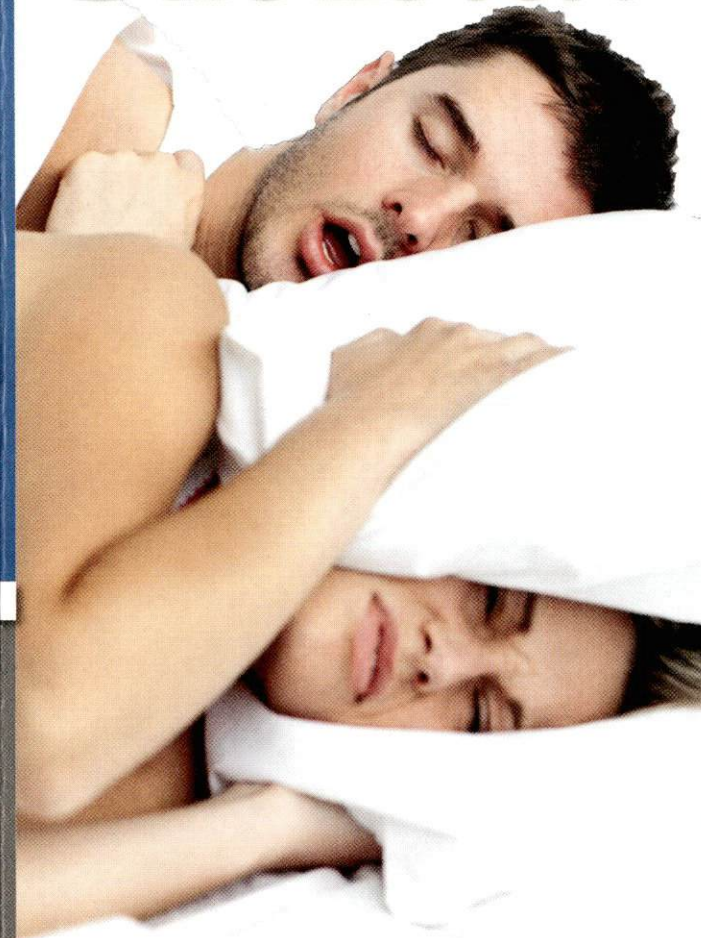
Treatment is simple and can be completed in a few appointments!

Quiz Results

The only way to be sure you have Obstructive Sleep Apnea (OSA) is to have a sleep study completed at home or at a qualified sleep center. A score of 10 or greater on the quiz above indicates pathological sleepiness.

PREMIER DS³ MEMBER

BED PARTNER BLUES?!?!?



We can help.