

# Reducing or Eliminating Snoring

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Did you know that we may be able help you (or a loved one) get a better night's sleep? Many people wear a CPAP with success to reduce snoring, but a high percentage of patients cannot tolerate wearing a CPAP, which many find uncomfortable to wear while sleeping. You may be unaware that dentists educated in sleep medicine concepts are the primary health practitioners helping patients to reduce or eliminate snoring.

**Snoring** causes sleep deprivation, psychological damage, marital challenges, and an increased potential for heart attack and stroke. About 50% of patients snore. Although the topic is getting more attention in the lay press, many people do not know that professional help for snoring exists.

There is also a related health challenge known as **sleep apnea** (pauses in breathing while sleeping) in both adults and children, ranges from 5 to 30 times per hour. Sleep apnea causes daytime fatigue, slow reaction time, and vision problems. It has been estimated that about 1 in every 15 Americans is affected by at least moderate sleep apnea which can cause numerous serious physical challenges. Dentists educated in sleep medicine can measure the amount of sleep apnea that patients have and, if it is at a high level, refer them to a Board Certified Sleep Physician for treatment.

## **Snoring Treatment, as accomplished by a dentist, includes the following:**

- The patient is tested either by the dentist or in a sleep clinic to determine if your problem is just snoring, sleep apnea, or both. Those persons with only snoring or slight sleep apnea and snoring may be treated by the dentist. Higher levels of sleep apnea will be referred to a Board Certified Sleep Physician for treatment.
- An impression is made of the patient's mouth.
- Usually, an oral snore appliance is made that moves the patient's jaw forward, opening their airway. The result is that the airway is enlarged, greatly reducing or eliminating snoring.
- The dental staff inserts the snore appliance into the patient's mouth and shows them how to use it.
- The patient wears the device each night, receiving adjustments by the dental team as needed.

Talk to us today about snore appliances! We have received many reports from patients regarding how snoring has been reduced or eliminated, and many patient spouses who are thrilled with the results.