

# Get a Peaceful Night's Sleep with Oral Appliance Therapy

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Are you tired of restless, sleepless nights? Do you want to finally experience a peaceful, uninterrupted night's sleep? Does your partner wish you would miraculously stop snoring so he or she can sleep peacefully at night?

All of this is possible. Oral Appliance Therapy (OAT) can help you rest peacefully without snoring every two minutes. We are sure your partner will be happy about that, too.

We all know that sleep is a very important aspect of life. However, if you have poor sleep habits, you may potentially suffer from more serious health risks. Sleep apnea sufferers can experience several unhealthy, annoying side effects such as:

- poor concentration
- headaches
- irritability
- chronic sleepiness
- Sleep Apnea Risks and Symptoms

All of these side effects can interfere with your daily life, including school and work performance.

**Furthermore, sleep apnea has been linked to the following life-threatening conditions:**

- impotence
- acid reflux or heartburn (GERD)
- heart arrhythmias and myocardial infarction (heart attack)
- high blood pressure
- stroke



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- decreased libido
- cardiovascular disturbances

If you suspect sleep apnea, please call our office for an evaluation and treatment. There are several classic sleep apnea signs and symptoms to be aware of:

- constantly tossing and turning while trying to sleep
- dry mouth— some describe this as “cotton mouth”
- drooling at the corners of the mouth
- heavy sweating while sleeping, even if the sleeping environment is a comfortable temperature
- feeling like your throat is closing
- gasping for air while you sleep

We highly recommend that you call us right away if you suspect sleep apnea. We can provide proper treatment, if necessary, to solve the problem before it gets worse.

## What is Obstructive Sleep Apnea?

When the upper airway (air flow to the lungs) is obstructed while the throat and tongue muscles relax, a person can experience obstructive sleep apnea (OSA). OSA is the most common form of sleep apnea. Snoring often accompanies OSA.

- When a person suffers from OSA, he or she will experience “apneas” (repetitive pauses in breathing, without breath) while they try to sleep.
- Each apnea episode can last between 20-40 seconds.
- A loud gasping noise can be heard during each apnea episode because of the reduction in blood oxygen saturation (oxygen levels to the brain).
- OSA causes major disruption to a person's sleep cycle.

Instead of spending the night in a sleep research facility, a sleep study can be conducted in the convenience of your own home. The results of the sleep study will help us determine if sleep apnea exists. At Lifetime Smiles, we offer several treatment options for sleep apnea.

## Oral Appliance Therapy from Lifetime Smiles

This is a simple, customized, and practical solution for sleep apnea and snoring. OAT is a great alternative to the CPAP machine and surgery, and it is also affordable.

The oral appliance (similar to an athletic mouth guard) is custom-made to fit comfortably and securely in your mouth while sleeping. The appliance keeps your airway free and clear from obstruction, while properly positioning the tongue and shifting the lower jaw to a forward position. This allows you to rest comfortably and soundly since the tissue in the airway will not collapse.



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Dr. Jim Forester will customize a sleep apnea treatment plan that suits your lifestyle and physical needs. Rest assured, you are in excellent hands at Lifetime Smiles.

## Alternative OSA Treatment Options

If you are not a candidate for oral appliance therapy, you have two options:

- using a CPAP machine
- surgery
- The CPAP Machine

The Continuous Positive Airway Pressure (CPAP) machine has been around for many, many years to successfully treat OSA. Actually it is the most common treatment method for sleep apnea sufferers. However, the CPAP has some disadvantages.

- It can be uncomfortable while sleeping.
- It can be unsightly.
- Some people say they have trouble falling asleep and staying asleep.
- Surgery

This is usually a last resort to fix sleep apnea. Recovery time is approximately 2 or more weeks. Furthermore, the long-term success rate of surgery is questionable because of the regeneration of tissues that are removed.

## Fees Associated with oral appliance therapy for snoring

The fees are directly related to your individual needs as a patient. During your consultation appointment, before we begin treatment, our friendly staff will inform you of your treatment options, along with related fees.

Medical insurance policies may cover some or all of the fees. We can help you decipher which snoring and sleep apnea treatment options are covered by your dental insurance.

## Call Lifetime Smiles Today to Get Rid of Your Snoring and Sleep Apnea

If you are interested in learning more about sleep apnea and snoring, or if you would like to schedule an appointment, contact us today. We will be more than happy to speak with you regarding your symptoms, and we'll choose the best OSA treatment method that is right for you.

