

Why should I be concerned about snoring and sleep apnea?

Sleep apnea is the most common sleep disorder, affecting nearly 1 out of every 8 individuals. Snoring is the sound of partially obstructed breathing during sleep. While snoring can be harmless, it can also be the sign of a more serious medical condition known as obstructive sleep apnea (OSA). OSA occurs when the tongue and soft tissues fall back into the throat during sleep, completely blocking the airway. Obstructive sleep apnea has been associated with cardiovascular problems as well as daytime sleepiness.

What are my treatment options?

Once you have been correctly diagnosed, snoring and obstructive sleep apnea can be treated with a medical device known as a CPAP (continuous positive airway pressure), with oral appliances, through surgical options, or by a combination of these approaches.

What is Oral Appliance Therapy?

Oral appliance therapy involves the selection, design, fitting and use of a specially designed oral appliance that, when worn during sleep, maintains an opened and unobstructed airway in the throat. Oral appliances that treat snoring and obstructive sleep apnea are worn in the mouth, similar to orthodontic retainers or sports mouth-guards. Oral appliances work by:

- Repositioning the lower jaw, tongue, soft palate and uvula
- Stabilizing the lower jaw and tongue
- Increasing the muscle tone of the tongue

How can I learn more?

That's the easy part! Visit the AADSM official website, www.aadsm.org, to read more, or click on www.aadsm.org/FindaDentist.aspx to locate a member in your area that can help you with treatment.

Facts About Snoring:

- An estimated **30 million**, or 1 in 8 people snore.
- Approximately **18 million** people suffer from sleep apnea.
- **28 percent** of men over the age of 65 suffer from sleep apnea.
- Up to **50 percent** of sleep apnea patients have high blood pressure.
- Risk for heart attack and stroke may also increase in those with sleep apnea.
- Nearly **60 percent** of Americans suffer from daytime sleepiness, a side effect of sleep apnea.
- Snoring is improved and often eliminated in almost **100 percent** of patients who use oral appliances.
- Each year, sleep disorders add an estimated **\$15.9 billion** to the national health care bill.

*Facts provided by the National Sleep Foundation, American Sleep Apnea Association and the American Academy of Sleep Medicine.