

## Oral Appliance Therapy for OSA

Oral appliances are custom fitted mouth guards specifically manufactured for you. These appliances are designed to move your lower jaw forward to keep your airway open while you sleep by preventing the tongue from falling back. This results in a much better night's sleep. Oral appliances can be used alone or in combination with other OSA treatments.

Oral appliance therapy is best indicated for people who snore, have mild to moderate OSA, are CPAP intolerant, grind their teeth, and have TMJ and facial pain.

Dentists with training in oral appliance therapy are familiar with the various designs of appliances. They can determine which one is best suited for your specific needs. The dentist will work with your medical professional as part of the team in your diagnosis, treatment and continuing care.

Oral appliances for OSA has several advantages over other forms of therapy which include being comfortable, easy to wear, portable, and non-invasive. Unlike CPAP, there is no mask to wear and no hoses to deal with. Most people find it only takes a short time to get used to wearing the appliance.

Ask your dental professional today about treatment options for teeth grinding, TMJ, snoring and obstructive sleep apnea. It will change your life and the life of someone you love!

LOOK · SLEEP · FEEL  
**GREAT**

SAMPLE

## Rest

Did you know that dentists can help manage your grinding, snoring and sleep apnea? Ask us today about an excellent alternative for living with bruxism and obstructive sleep apnea and how we can help you get a good night's rest.

## Snoring

If you or someone you love snores, you are just one of the more than 40% of adults that snore. Snoring increases with age and weight and this usually bothers the bed partner more than the snorer. Snoring is simply the sound of a partially obstructed airway during sleep. Snoring by itself is harmless. However, it can be the sign of a very serious medical condition known as obstructive sleep apnea.

## Teeth Grinding / Bruxism / TMJ

Most people who grind their teeth do so at night while they sleep. Many times, this is directly related to having OSA. Teeth grinding is the brain's way of moving the jaw forward to open the airway so you can breathe. Bruxism and teeth grinding result in broken teeth, pain, failure of dental work, headaches, TMJ, and neck pain. Oro-facial pain, OSA, and teeth grinding often occur all together.

## Obstructive Sleep Apnea (OSA)

Obstructive sleep apnea happens during sleep when the tongue and soft palate falls to the back of the throat and completely block the airway. This shuts off oxygen intake and you can't breathe. Your sleep then gets interrupted many times during the night and results in a poor night's sleep. People with OSA are constantly tired, fall asleep easily during the day, are irritable, have trouble concentrating, exhibit impotency and sexual dysfunction, and can have bad breath.

It is estimated that OSA affects up to 40 million Americans with less than 10% of OSA sufferers diagnosed. Obstructive sleep apnea can triple the stroke risk in men and 50% of patients with OSA have hypertension increasing the risk of heart attacks. Untreated OSA can take up to 12 years off your life and increases the risk of death by 46% which makes it more dangerous than smoking.

### Who gets OSA?

1 in 5 adults have mild OSA and 1 in 15 adults have moderate to severe OSA. Risk factors which increase your chance of OSA including weight gain, BMI greater than 30, neck circumference equal to or greater than 15" in women and 17" in men, smoking, mouth breathing, and systemic problems like diabetes, stroke, heart attack, and hypertension.

## Rest

### Treatment of OSA, Snoring & Bruxism

Depending on the severity of OSA, treatment options include oral appliance therapy, CPAP, and surgery. There are benefits and risks associated with any treatment and it is important to discuss which option may be best for you depending on your condition. Any of these treatment options are best optimized when accompanied by lifestyle changes such as good sleep hygiene and weight loss.

