

Are You At Risk?

If your "Quality of Life" isn't what it used to be, ask yourself...

- Do you snore?
- Do you have restless sleep?
- Do you awaken and get up often during your sleep time?
- Do you have difficulty getting going in the morning?
- Do you have headaches when you awaken?
- Do you consume caffeinated beverages or pills to stay awake?
- Have you ever fallen asleep at an inappropriate time?
- Do you lack the energy to follow a regular exercise program?
- Can you afford the potential consequences of ignoring these symptoms?

If you answered "YES" to one or more of these questions, speak to us today. A snoring and sleep apnea consultation could save your life, relationship and restore your quality of life!



Although both genders are susceptible to sleep apnea, overweight, middle-aged men and women with thick necks are at greater risk. This condition leaves you chronically exhausted and at risk for many other medical disorders; morning headaches, poor concentration, depression, mood swings, high blood pressure, weight gain, heart failure, angina and stroke. Often, it is discovered only when your partner is bothered by abrupt breathing interruptions; usually accompanied by loud snoring or thrashing about in bed. Not having the rest you need leaves you too tired to participate in a regular exercise routine. The more weight you gain, the greater the severity of sleep apnea and the more your sleep is disrupted, leaving you with even less energy to exercise.

Seeking appropriate treatment for your snoring and sleep apnea could help give you back the energy needed to maintain a regular exercise program, helping you regain the quality of life you once enjoyed.

Sleep Affects Physical Performance

Your best performance enhancer is the quality of your sleep! Poor sleep has been associated with mood swings, fuzzy thinking, slow response rates, cardiovascular problems, reduction in daytime energy and daytime drowsiness; all of which will reduce the effectiveness of an athlete's performance.

If you have a sleep disorder, speak to us today!

Sleep And Driving Are Connected!

The U.S. Department of Transportation has estimated that up to 200,000 motor vehicle accidents per year may be sleep-related. One of every five drivers admits to having fallen asleep at least once behind the wheel, and 69% of motorists report drowsiness while driving.

Ask us about our Sleep Disorders Solution!

Obesity And Sleep Apnea

In adults, the most common cause of obstructive sleep apnea is excess weight and obesity, which is associated with soft tissue of the mouth and throat. During sleep, when throat and tongue muscles are more relaxed, this soft tissue can cause the airway to become blocked.

Airway Orthotics

Recommended as first line therapy for Snoring, oral appliances are also a "Standard of Care" for any severity of Sleep Apnea, if preferred by the patient over CPAP.

AASM Practice Parameters Sleep: 2005 • CTS Practice Guidelines: Can Resp. J: 2006

Sleep Disorders Solutions

Airway Orthotic Therapy for Snoring and Sleep Apnea

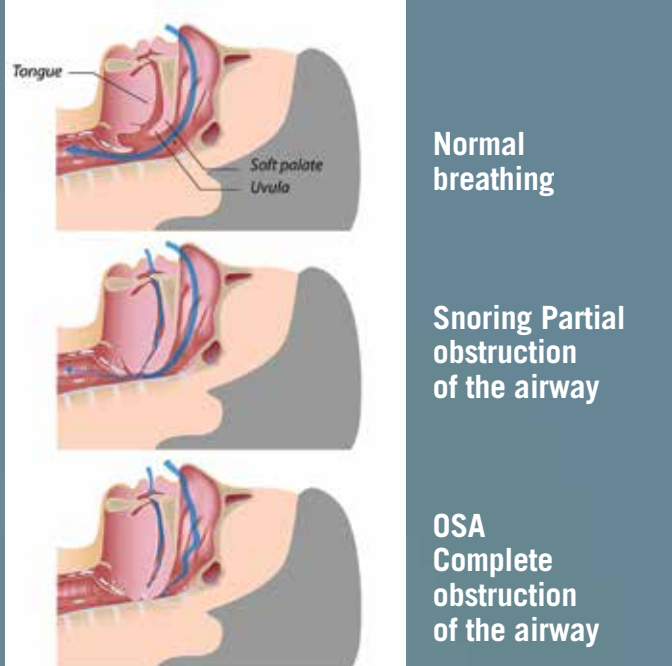


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Sleep & Your Health

Snoring is no joke! It is much more than a personal nuisance. Studies clearly suggest that snoring may be a precursor to obstructive sleep apnea and that increased severity levels of snoring is associated with an increased risk of carotid atherosclerosis and stroke. Snoring is very common in those over 40 years of age.

The quality of your sleep is directly related to the quality of your performance during waking hours. Poor sleep has been associated with mood swings, fuzzy thinking, slow response rates, cardiovascular problems, reduction in daytime energy and daytime drowsiness. It is impossible to be happy, fit, and energetic if your body is not getting the rest it needs on a daily basis.



Snoring & Sleep Apnea

Snoring occurs when the tissues in your throat vibrate as you inhale and exhale. Although snoring is not considered a serious sleep disorder, it can be very disruptive to relationships and is considered to be a precursor to Sleep Apnea, a very serious sleep disorder.

Sleep Apnea is a condition that involves airway collapse, accompanied by breath-holding. With sleep apnea, blood oxygen levels become depleted; the brain senses this oxygen desaturation and automatically triggers night-time arousals so that breathing can restart. These arousals interfere with the sleep needed to rejuvenate and refresh your body.

Airway narrowing and collapsing during sleep leads to snoring and sleep apnea. Jaw advancement with an airway orthotic re-opens the airway and increases tension on the vibrating tissues; eliminating both snoring and apnea.

Reversible Airway Orthotic Therapy

Airway orthotics can be effective for snoring and all levels of sleep apnea. Studies demonstrate effective treatment of mild to moderate sleep apnea 80% of the time, and severe sleep apnea 61% of the time; snoring is improved in almost all patients and is often eliminated.



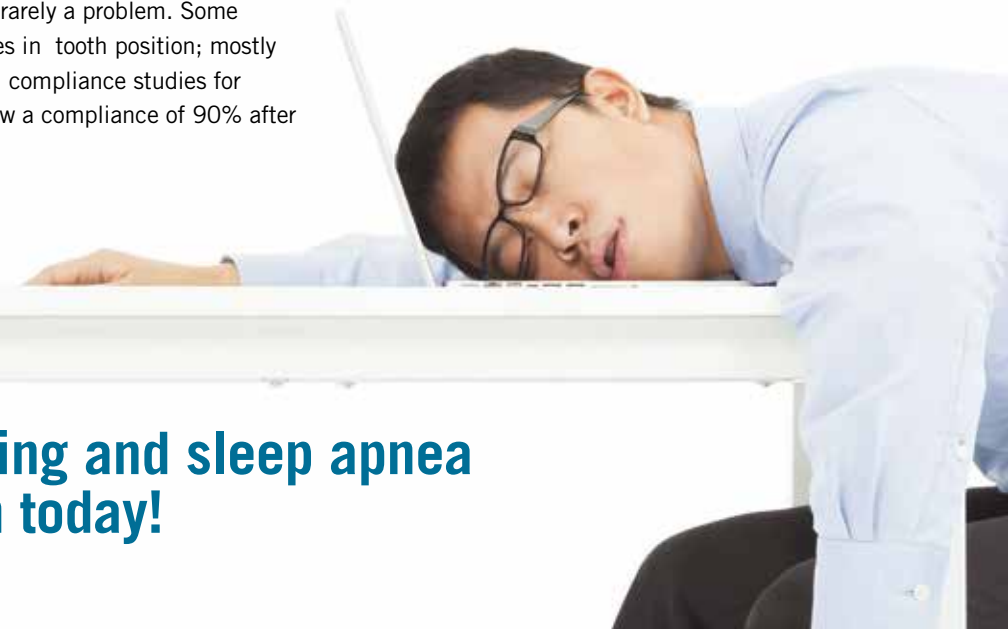
Airway orthotics are a conservative and completely reversible solution for sleep apnea. Side effects are usually short lived and are rarely a problem. Some patients experience changes in tooth position; mostly minor in nature. Long-term compliance studies for airway orthotic therapy show a compliance of 90% after 2 ½ years of wear.

Are You Sleep Deprived?

Indicate chance of falling asleep, in contrast to just feeling tired?
0=Never 1=Slight 2=Moderate 3=High

Situation	Chance of Dozing
Sitting and reading	_____
Watching TV.....	_____
Sitting inactive in a public place	_____
Passenger in car for an hour without break.....	_____
Lying down to rest in afternoon if possible... ..	_____
Sitting and talking to someone	_____
Sitting quietly after lunch without alcohol.....	_____
Stopped in car for a few minutes in traffic.....	_____
TOTAL SCORE ...	_____

A total score of 10 or more may indicate a Serious Sleep Disorder.



Book a snoring and sleep apnea consultation today!