

# Are you sleeping well?



## Sleep Apnea Solutions at North Raleigh Periodontics

Obstructive Sleep Apnea (OSA) is a serious, life threatening disorder, which is generally misunderstood or taken seriously. Sleep Apnea is a cessation of airflow at the nose or mouth lasting 10 seconds or longer, occurring during sleep and terminating once awakened.

### SYMPTOMS

daytime sleepiness  
snoring  
dry mouth  
restlessness  
headaches  
nighttime choking / gasping

### CONSEQUENCES

daytime fatigue  
personality changes  
decreased memory  
mental confusion  
sexual dysfunction  
depression  
high blood pressure  
heart problems  
DROWSY DRIVING!

People who experience OSA tend to have smaller upper airways, which has a huge effect on OSA. As the size of the airway reduces due to small jaw, tonsils, fatty tissue, or other anatomical factors, airway resistance increases causing patients to put forth a greater effort to maintain adequate air exchange. This causes the relaxed muscles and throat tissues to close, resulting in a collapsed airway which initiates an OSA episode.

Luckily, many times the airways do not completely collapse and a person experiences a hypopnea, when blood oxygen falls while efforts to breathe continue to increase. The apnea is then terminated by arousal. The terminated airflow through the nose and mouth leads to numerous amounts of arousals throughout the night as well as an inability to achieve deeper states of sleep.

**If you have mild to moderate obstructive sleep apnea and can't tolerate or haven't been helped by CPAP, an oral appliance may be an effective treatment option.**

choose THIS



or THIS

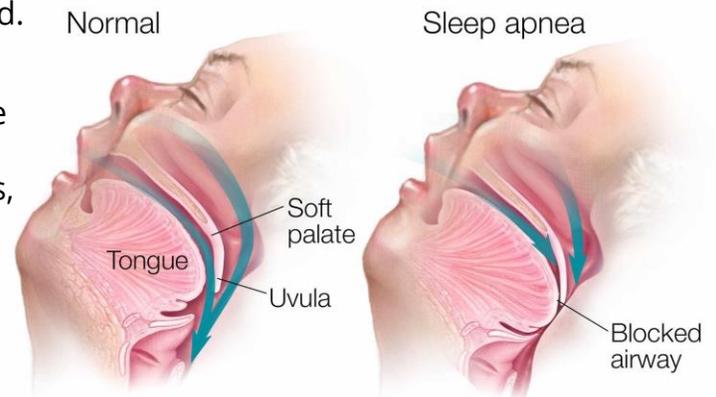


# Mandibular Advancement Device **the MAD** device

The most widely used mouth device for sleep apnea, MADs look much like a mouth guard used in sports. The devices snap over the upper and lower dental arches and have hinges that make it possible for the lower jaw to be eased forward.

The terminated airflow through the nose and mouth leads to numerous amounts of arousals throughout the night as well as an inability to achieve a deeper state of sleep. This in turn leads to excessive daytime sleepiness, SNORING, dry mouth, headaches, restlessness, and awakenings due to choking or gasping.

Many people do not diagnose themselves, often their bed partner does. The lack of sleep causes people with OSA to fall asleep throughout the day while reading or even while driving.



**DROWSINESS is a RED ALERT!**

## How does Oral Appliance Therapy work to treat Obstructive Sleep Apnea?

For patients with mild to moderate obstructive sleep apnea, dental appliances or oral mandibular advancement devices (MADs) that prevent the tongue from blocking the throat and/or advance the lower jaw forward, are custom made. These devices help keep the airway open during sleep. A sleep specialist and dental professional, with expertise in oral appliances for this purpose, should jointly determine if this treatment is best for you.

If you and your doctor decide that an oral appliance is an appropriate option, you will need a referral to an appointment with Dr. Singletary to make sure that there are no periodontal issues before treatment begins. Dr. Singletary will digitally scan your teeth and later you will return for a custom fitting. Additionally, you will be given a morning repositioner to realign your bite after the appliance is removed. along with instructions on how to use and clean the appliance. You might also have to return for further custom adjustments to optimize care. Once care is completed, it is recommended that you have another sleep test to see how the appliance is working for you. Further adjustments may be necessary.

## Laser Treatment for Snoring - Nightlase

### Is there an alternative to CPAP machines and Mandibular Advancement Devices?

**YES!** North Raleigh Periodontics is proud to provide Laser Snoring Treatment, called **Nightlase**. Nightlase is a leading-edge laser procedure for treatment of snoring. It is non-invasive and is an effective way to reduce or eliminate snoring. It works by using laser energy to heat the tissues of the airway causing a tightening effect which helps to keep your airway open. It is performed with approximately three short treatment spaced over two months. Each treatment lasts 15 minutes and does not require anesthesia. The procedure is comfortable and you can resume your daily routine immediately afterwards. **Results are often seen after the first session.**