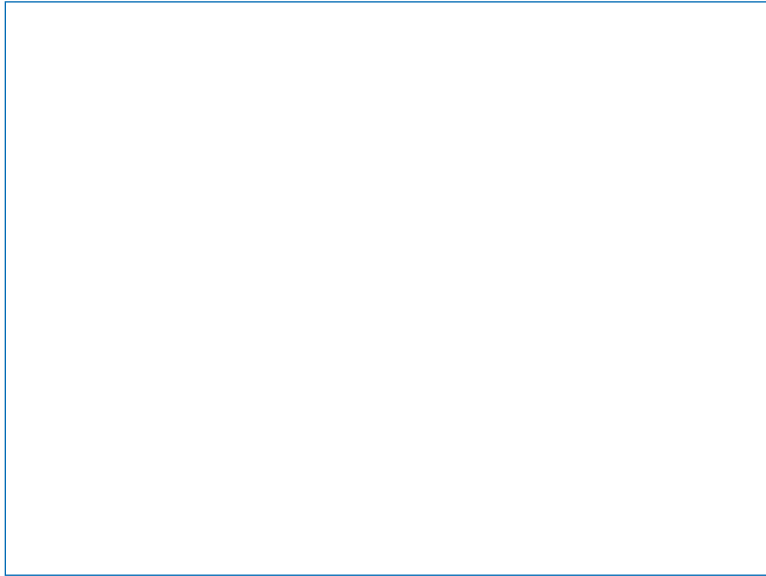


Courtesy of:



RESTORATIVE ORAL HEALTH

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Not sleeping well?

Keeping others awake with your snoring?

Grinding your teeth while you sleep?

Extremely tired during the day?



If you answered **YES** to any of these questions, you may want to talk to your dentist. (Yes, your dentist!)

Sometimes your dentist is the first line of defense when it comes to recognizing the effects of sleep issues. They are trained in recognizing the effect of tooth grinding that may help your dentist make the right diagnosis and offer you the proper treatment plan.



Sleeping well is not just a pleasant activity, it is essential to your good health. Why? Because 8 hours of sleep . . .

- . . . can increase brain function.
- . . . can decrease the risk of heart disease and stroke.
- . . . can help prevent Type 2 diabetes risk.
- . . . can prevent depression.
- . . . can improve immune function and help fight the common cold.

Without a good, restful night's sleep you could find yourself

- | | |
|---|---------------------------------|
| 1. Snoring loudly (ask your partner!) | 5. Falling asleep while driving |
| 2. Waking up frequently | 6. Feeling depressed |
| 3. Being extremely tired during the day | 7. With high blood pressure |
| 4. Not able to concentrate | 8. With a lack of energy |



Do you snore?

Come on. Be honest. Do you? Because snoring isn't just something that gets you an elbow in the side or sent to the living room couch. Snoring can actually be an indication of a much more serious problem - Sleep Apnea.

Sleep Apnea can be a serious - even deadly - problem.

What is Sleep Apnea?

It can be a serious sleep disorder in which breathing repeatedly stops and starts. It is treatable by a medical/dental professional.

1. It requires a medical diagnosis, with lab tests or imaging.
2. Its risk factors include age and obesity. It's more common in men.
3. Symptoms include snoring loudly and feeling tired even after a full night's sleep.
4. Treatment often includes lifestyle changes, such as weight loss, orthodontics, or the use of a breathing assistance device at night, such as a continuous positive airway pressure (CPAP) machine or a removable intraoral device.



How to find out if you do have Sleep Apnea (It's easy)!

1. It requires sleep screening or testing, but don't worry . . . your dentist can offer you a take-home monitor for overnight testing in the comfort of your home.
2. After examining the readout of your night time testing, he/she may choose to send the results to be read and diagnosed by a medical sleep specialist.
3. It may be suggested that you have an overnight sleep study in a special facility in which you will be electronically monitored to determine if you have or do not have sleep apnea, and to what degree.
4. Your sleep disorder can be addressed by any one of several treatment modalities that will allow you to get a much more peaceful, relaxing, and healthy sleep. For example:
 - Continuous Positive Airway Pressure (CPAP) or a custom intraoral sleep device. (Both will help your breathing, eliminate your snoring and generally improve your sleep and therefore your general health.)

Types of monitors your dentist may give you to take home

Following some questions, your dentist will give you a monitor to take home and wear to bed for 1–3 nights. They monitor your airflow, pulse rate, blood oxygen level and even teeth grinding. The result will then be sent to a medical physician who will diagnose whether you have sleep apnea breathing disorders.

Examples of some monitors:

