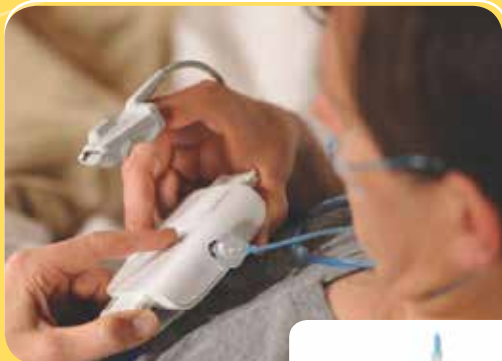


## How is testing done?

Sleep testing can be done in your own home.

It is simple, comfortable and reliable.



Risks of having Obstructive Sleep Apnea (OSA) OSA and Primary Care Conditions.

Condition	OSA Prevalence
Hypertension	35%-45%
Diabetes	50%
Stroke	62%
Drug-resistant Hypertension	>80%
Congestive Heart Failure	30%-50%
Arrhythmia	50%
Atrial Fibrillation	49%

Source: Circulation 2008; 118 (1080-1111)

Sleep Apnea affects an estimated 25 million adults, and despite growing awareness of the severe consequences of untreated OSA, 90% of sleep apnea patients are still undiagnosed.

### Possible Complications

Untreated sleep apnea is a major independent risk factor contributing to:

- Hypertension
- Cardiovascular disease
- Cognitive impairment/daytime sleepiness
- Depression
- Impotency
- Motor vehicle accidents
- Increased mortality



HomeSleep Dental  
Tel: 888-425-8988 • Fax: 855-967-1112  
[www.homesleepllc.com](http://www.homesleepllc.com)



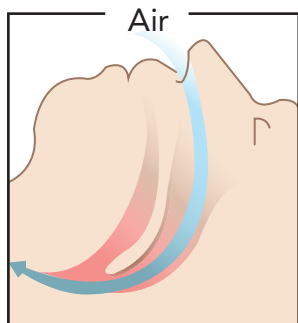
Have YOU  
ever been told  
that YOU  
**SNORE?**



OSA diagnosis:

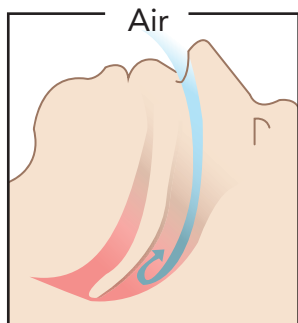
Today it is easier than ever,  
and your Dentist can help...

Normal airway



Airway is open and air moves through

Obstructive sleep apnea



Airway is blocked and air does not move through

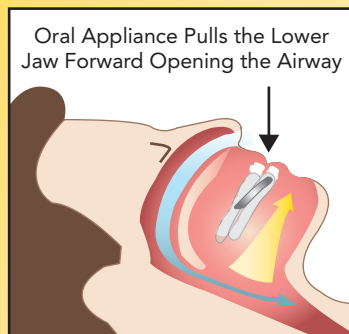
# Obstructive Sleep Apnea

Snoring is considered a major indicator of OSA.

Obstructive Sleep Apnea (OSA) is recognized as repeated episodes of cessation in breathing during sleep. This results because our muscles relax during sleep and then gravity pulls the airway closed. Momentary suffocation develops producing excessive stress on the body. OSA is highly correlated with cardiovascular conditions such as hypertension, heart disease and stroke. OSA is also associated with daytime sleepiness, headaches, memory loss, mood changes, relationship disturbances and decreased libido.

## How does an Oral Appliance work?

Oral appliances work by maintaining the lower jaw in a protruded position, thus opening the airway and increasing muscle tone.



## Is my condition right for the Oral Appliance?

Mild to moderate sleep apnea patients are well treated by an oral appliance. The most severe patients are best helped with CPAP. However, the non-compliant severe patients should consider an Oral Appliance.

## Are you at risk of OSA?

Have you been told that you snore?

Do you often wake up tired or un-refreshed?

Do you suffer from excessive daytime sleepiness?

Do you wake up choking or gasping for air?

If you experience **one or more** of these symptoms, you can fill out a simple form that can predict your risk for OSA, just ask your dental professional.

## Is the Oral Appliance covered by Insurance?

Yes. Most Medical Insurance plans will cover Oral Appliance Therapy.

## What is needed to make an Oral Appliance that is right for me?

Your dentist will take impressions of your teeth and measure the movements of your jaw. Then will manufacture an Oral Appliance to your specifications.

