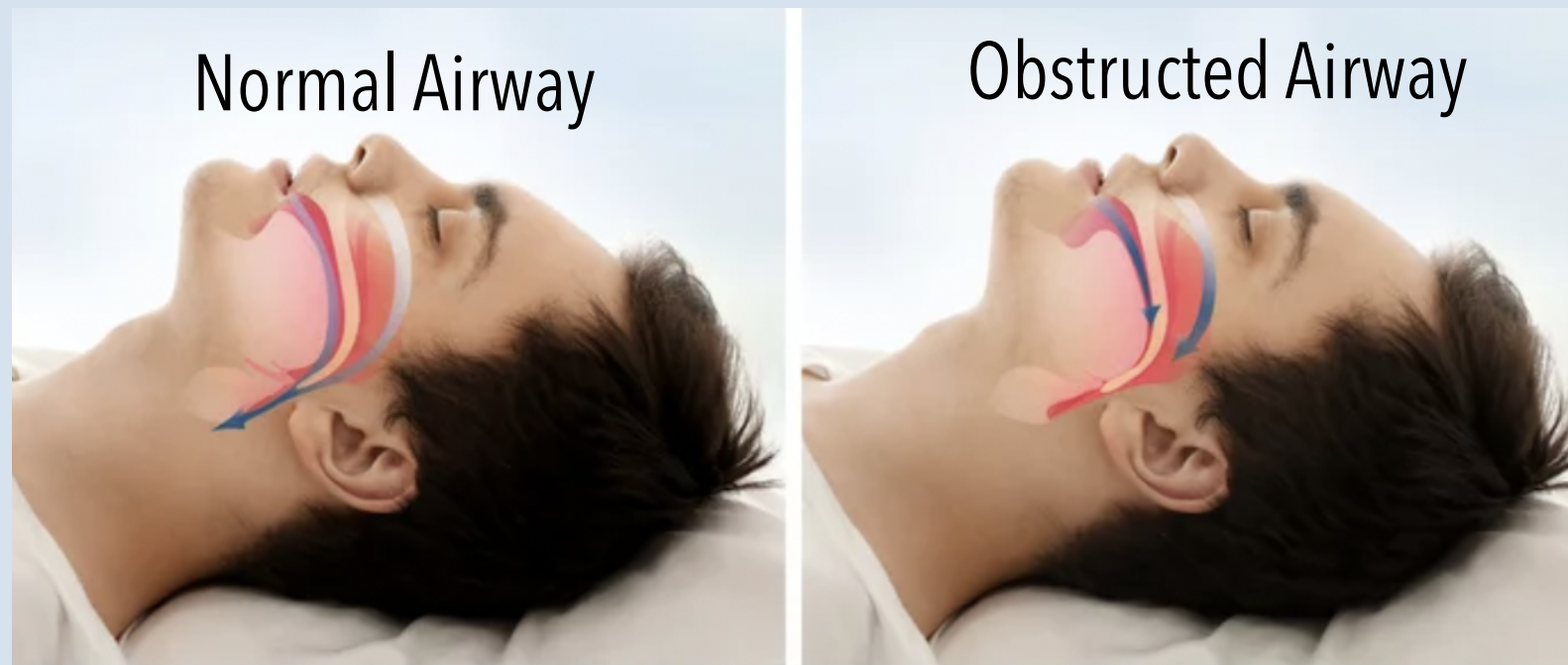


Dangers of Sleep Apnea

There are three main groups that sleep apnea can be categorized into; obstructive sleep apnea, central sleep apnea, and complex sleep apnea. Sleep apnea can be associated with snoring, difficulty breathing throughout the night, a dry mouth, and headaches in the morning.



Health Problems Caused By Sleep Apnea:

- High Blood Pressure
- Type 2 Diabetes
- Fatigue
- Irritability
- Weight gain
- Surgical Complications
- Liver scarring
- Heart Disease
- Asthma

When Should You See A Doctor?

If you are experiencing any of the following: extremely loud snoring, extreme fatigue, irritability, a struggle to focus in your work due to lack of sleep, or periods where your partner notices you stop breathing during the night, you should schedule an appointment with your dentist or doctor.



Treatment Options

Doctors and dentists can provide treatment for patients who struggle with sleep apnea. Many patients choose to undergo treatment with a CPAP (continuous positive airway pressure) machine. This is the most common, and reliable method of treatment. In mild to moderate cases dentists recommend an oral appliance, a night guard, mouthguard, or similar device. In some mild cases of sleep apnea, patients may be able to get rid of their sleep apnea through healthier lifestyle decisions (ie. dieting, exercise, weight loss).

