

The Comfort of a Home Sleep Test

If you or your loved one are experiencing symptoms of sleep apnea, there is a way to know if you or your loved one have it.

The ease and comfort of the home sleep screening takes less than five minutes to set up. It's quiet; it's comfortable. You can sleep in the comfort of your own bed, and your regular routine at home will provide your dental sleep expert optimal data to better treat you or your loved one.

1. *Your dentist will provide you with a complimentary home sleep screening.*

2. *You simply take it home, go to sleep at your normal time, and bring it back the next day.*

3. *Start to enjoy a better night's rest, increase your energy and improve your overall health!*

Better Breathing...
Better Health.

Talk with your dentist
about a home sleep
screening today.



Just because you don't snore doesn't mean you don't have sleep apnea.

YOU MAY NOT SNORE BUT YOU MAY STILL BE AT RISK

Many people don't think of snoring as a sign of something potentially serious, and not everyone who has sleep apnea snores. The signs and symptoms of obstructive and central sleep apneas overlap, sometimes making the type of sleep apnea more difficult to determine.

COMMON SIGNS AND SYMPTOMS OF SLEEP APNEA

The most common signs and symptoms of obstructive and central sleep apneas include: excessive daytime sleepiness (hypersomnia), loud snoring, observed episodes of breathing cessation during sleep, abrupt awakenings accompanied by shortness of breath, awakening with a dry mouth or sore throat, morning headache and difficulty staying asleep (insomnia).



People with mild sleep apnea may stop breathing for only a few minutes in an hour. People with severe sleep apnea can stop breathing up to 80 times in an hour. Sleep apnea is a serious chronic disease that may trigger other serious health problems such as:

- *Diabetes*
- *Chronic Sleepiness*
- *High Blood Pressure*
- *Heart Attack*
- *Stroke*
- *Morning Headaches*
- *Heartburn*
- *Depression*
- *Dementia*

OBSTRUCTIVE SLEEP APNEA OCCURS WHEN

The airway completely collapses and blocks airflow into the lungs. The more difficult it becomes to breathe, the tighter the airway seals. Breathing stops because the airway is closed. Without enough oxygen, the brain must awaken the person enough to start breathing again. The person may or may not be aware that they have stopped breathing. A sleep partner will often hear the person gasp or choke when he or she is able to breathe again.