

# Is your snoring caused by sleep apnoea?

If you or someone in your family snores during their sleep, it may be a symptom of something more sinister - sleep apnoea.

Since 70 per cent of excessive snorers do have this condition, it is an important issue warranting further investigation.

After all, sleep apnoea is a serious medical condition which puts you at increased risk for strokes, heart problems, diabetes, high blood pressure, and accidents.

Furthermore, it can make you fatigued during the day, affecting your mood at home and your productivity at work.

What is sleep apnoea?

"Apnoea" literally means "stopping breathing".

If someone suffers from sleep apnoea, they can stop breathing several times during the night.

In severe cases, these episodes can be as frequent as 80 times per hour.

If you sleep in the same room as your spouse, ask them if they notice any periods in which you stop breathing.

Unexplained daytime fatigue can also be a

strong indicator of sleep apnoea.

Other risk factors include smoking, sleeping on your back, or being overweight.

What treatment options are there?

If you have a severe case of sleep apnoea, your healthcare professional may recommend a CPAP (continuous positive airway pressure) device.

This machine creates air pressure inside your throat as you sleep, preventing the tissues inside your throat from blocking your airway.

CPAP devices use a face mask connected to the machine to deliver the air.

Many patients, however, find these appliances extremely uncomfortable and inconvenient and therefore will not wear them, despite the obvious health benefits.

There is, however, another solution.

Studies have shown that custom-made oral appliances can deliver great treatment result for most sleep apnoea patients, especially if someone cannot use a CPAP machine.

At Michelson's Dental Surgery, they work



**SNORER:** Snoring can be a telltale sign of sleep apnoea, but dental appliances can help alleviate this problem.

closely with an Australian-based specialised dental sleep lab to deliver appliances that fit accurately and comfortably in your mouth.

As you sleep, the appliance gently pushes your tongue and lower jaw forward to maintain a clear airway.

In addition, this appliance is also a fantastic treatment option for non-sleep apnoea-related snoring.

If your family is losing quality sleep due to your loud snoring, it's definitely worthwhile finding out if this appliance may help bring better sleep for everyone at home.

To discover whether a comfortable, custom-fit oral appliance from Michelson's Dental Surgery could provide relief for your sleep apnoea or snoring, contact the team today for an appointment with one of their friendly dentists.

## SLEEP APNOEA OR SNORING AN ISSUE IN YOUR HOUSEHOLD?

We have treatments and appliances that could help you!



\*Terms and Conditions Apply



ADVANCED TOOTH WHITENING SYSTEM

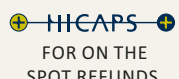


Child Dental Benefit Scheme Bulk Billed Here

\*Please check eligibility



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