

LOOK · SLEEP · FEEL GREAT

Snoring

Snoring by itself is harmless but it can be the sign of a very serious medical condition known as obstructive sleep apnea (OSA). This happens during sleep when the tongue and soft palate falls to the back of the throat and completely blocks the airway shutting off oxygen intake. Your sleep then gets interrupted many times during the night and results in a poor night's sleep. People with OSA are constantly tired, fall asleep easily during the day, irritable, have some difficulty staying focused, exhibit sexual dysfunction and impotency, and can have bad breath.



Teeth Grinding & TMJ

Most people who grind their teeth do so at night while they sleep. Many times, this is directly related to having OSA. Teeth grinding is the brain's way of moving the jaw forward to open the airway so you can breathe. Bruxism and teeth grinding result in broken teeth, pain, failure of dental work, headaches, TMJ and neck pain.

Depending on the severity of OSA, treatment options include oral sleep appliance therapy, CPAP and surgery. Oral appliances are custom fitted mouth guards specifically manufactured for you. These appliances are designed to move your lower jaw forward to keep your airway open while you sleep by preventing the tongue from falling back. Oral appliances are comfortable, easy to wear, portable and non-invasive. Unlike CPAP, there is no mask to wear and no hoses to deal with. They are best indicated for people who snore, have mild to moderate OSA, are CPAP intolerant, grind their teeth, and have TMJ and facial pain.

Available Here!

Ask us today about treatment options for teeth grinding, TMJ, headaches, snoring and obstructive sleep apnea. It can change your life or the life of someone you love!

AAFE SLEEP