

# CONSEQUENCES OF SLEEP APNEA

Untreated Obstructive Sleep Apnea leads to an increase in these health related areas.

STROKE

HYPERTENSION

CONGESTIVE HEART FAILURE

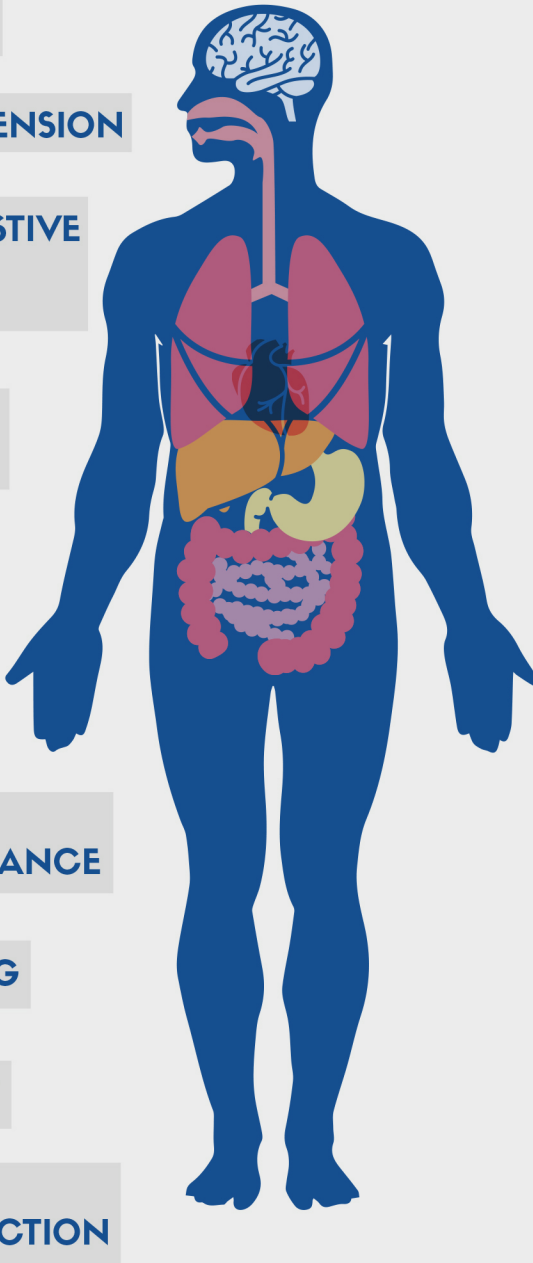
HEART DISEASE

MOOD DISTURBANCE

SNORING

OBESITY

SEXUAL DYSFUNCTION



## TOGETHER,

we work with your physician and dentist to create a custom, comfortable device for you that's so easy to wear, you'll have the opportunity to get back to sound, restful sleep faster than you may think.

# SNORING?

## FREQUENTLY TIRED?



You may have a serious chronic condition called sleep apnea.





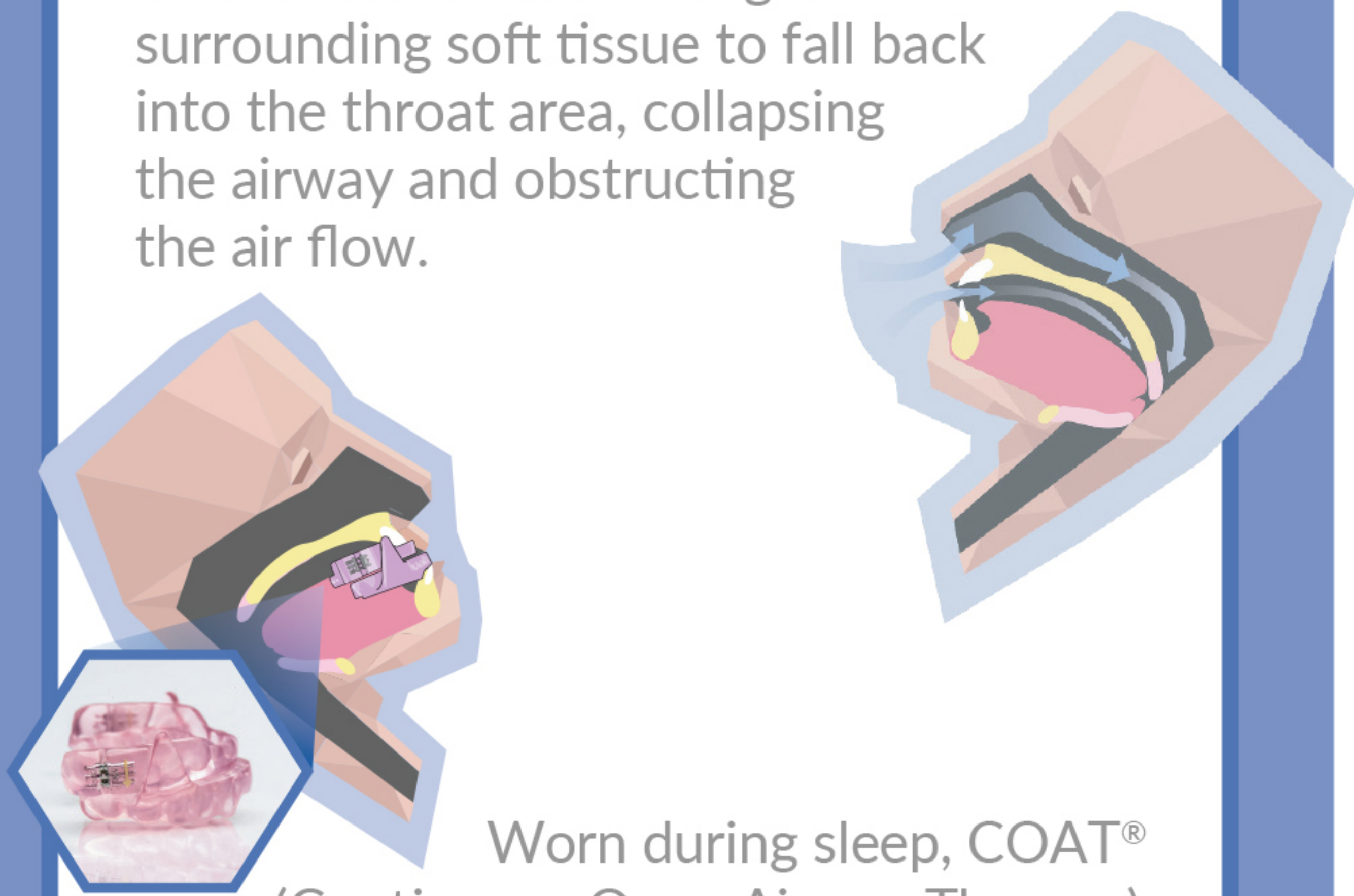
# WHAT IS OBSTRUCTIVE SLEEP APNEA?

Snoring and sleepiness should not be ignored.

Sleep Apnea afflicts 1 in every 5 people. Obstructive Sleep Apnea (OSA) is a serious and chronic (lifelong) medical condition that can affect your sleep, health and quality of life. OSA has been linked to hypertension, diabetes, heart disease, stroke, work and driving related accidents, and placing strain on relationships between bed partners and family members. *Talking to your doctor about your sleep problems is critical.*

## OBSTRUCTIVE SLEEP APNEA (OSA)

While we sleep, gravity and muscle relaxation allows the tongue and surrounding soft tissue to fall back into the throat area, collapsing the airway and obstructing the air flow.



Worn during sleep, COAT® (Continuous Open Airway Therapy) also called oral devices, fits over the upper and lower teeth. SomnoDent® oral devices treat OSA by moving the lower jaw slightly forward. This forward movement keeps the airway open, preventing apneas during sleep.

# AM I AT RISK? KNOW THE OSA SIGNS

- Waking up with a very sore or dry throat.
- Occasionally waking up with a choking or gasping sensation.
- Sleepiness while driving.
- Recurrent awakenings or insomnia.
- Loud snoring.
- Sleepiness or lack of energy during the day.
- Restless sleep.
- Morning headaches.
- You have diabetes or other health problem.

## FIND OUT IF YOU MAY HAVE OSA

Please circle your answers.  
Score: YES - 1, NO - 0

### STOP-BANG SLEEP OBSERVATIONS

- |   |       |
|---|-------|
| Does the patient snore loudly?                              | Y / N |
| Does the patient often feel tired or fatigued after sleep?  | Y / N |
| Has anyone noticed the patient quit breathing during sleep? | Y / N |

### STOP-BANG PHYSICAL OBSERVATIONS

- |  |       |
|--|-------|
| Is the patient being treated for high blood pressure?                                | Y / N |
| Is the patient over 50 years old?  | Y / N |
| Is the patient's BMI over 35?<br>[BMI = Weight (lb)/Height (in) x Height (in) x 703] | Y / N |
| Calculated BMI: _____  |       |
| Is the patient's neck size over 17 inches for male or 16 inches for female?          | Y / N |
| Is the patient male?   | Y / N |

High risk of OSA:  
3 or higher

TOTAL:

# SOLUTIONS FOR OSA

## TESTING



A physician will order either an in-lab or home sleep study for evaluation. Only a physician can diagnose you with sleep apnea, using the results from your sleep test.



In addition to losing weight and exercising, your physician may recommend a CPAP machine or oral device therapy. When oral appliance therapy is your choice – your physician will refer you to a dentist trained in dental sleep medicine.

## TREATMENT



The sleep dentist will assess your dental health to determine if you are a qualified candidate for an oral device. If the answer is yes, the dentist will take an impression of your teeth and order your device for you. Your sleep dentist can also help you understand your sleep apnea insurance coverage.



In order to assess how well your treatment is working, you will schedule a follow-up appointment with your physician, a few months after starting treatment.