GLIDEWELL LABORATORIES

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HOME PRODUCTS SHIPPING EDUCATIONAL MATERIALS COMPANY

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Silent Nite®

An estimated 80 million people in North America snore. Take into account the snorer's spouse and children, as many as 160 million people are negatively affected by snoring. The Silent Nite is an affordable custom-made snore prevention device that is flexible, thin and comfortable for the patient. The Silent Nite has exhibited excellent clinical success for preventing annoying and unhealthy snoring.

In Lab Working Time: **4 Days**

WANT TO GET A GOOD NIGHT'S SLEEP?

Did you know……

That a simple dental appliance can help to

ELIMINATE YOUR SPOUSE'S SNORING!!!!!!!

Just ask Dr. Rodriguez about this.

(It may even be partially covered by your insurance)

Tips To Stop Snoring

Learn how to stop snoring in just three days, naturally!

Why Do People Snore?

There are several different reasons why an individual will snore while they are sleeping. One example of this is when an individual is unable to breathe through the nose and breathes through the mouth while sleeping instead. This can essentially cause snoring in many people.

Another reason that some people might snore is due to a disorder that scientists are calling sleep apnea. This disorder has been diagnosed in several people since those in the medical field and the s field acknowledged the disorder. To alleviate snoring in individuals that have been diagnosed with the disorder have the opportunity now to use a machine that assist his or her breathing habits while sleeping and they do not snore as much - if at all. According to research the palette in the back of the throat does relaxes when an individual goes to sleep therefore causing the snoring as well as other medical conditions.

At times, this disorder can also cause snoring to be quite loud and there is nothing anyone can do. No turning the individual on his or her side will help and nasal sprays are not an option either. The snoring will continue until the disorder is under control.

Sometimes snoring is cause from obesity and this is a concern for many adults with children who are obese. These children snore and it can be not only a concern about the snoring but obesity is a concern for everyone in society today.

Just as there are several reasons for snoring there are also several types of snoring. This might sound awkward but scientists and researchers have documentation that there are in fact several different types of snoring associated with people and his or her sleep. In addition, a lack of sleep has been attributed to the reason an individual snores. Simply because he or she hasn't had a lot of sleep or enough sleep that they require. This of course will tend to make that person go into a deeper form of sleeping.

There are web sites that list other reasons why some people snore. Some of these web sites have documentation while others will not. It is in the best interest of an individual to research those web sites that offer documentation. This is important especially on points such as the disorder mentioned above and obesity as well. Unless there is some concept overlooked by researchers and scientists the idea of people snoring and the reasons they snore is still being researched.

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- Search...

- **Snoring Articles**
  - A Proven Home Remedy To Stop Snoring
  - Basic Stop Snoring Tips And Remedies
  - Conclusive Research On Snoring Remedies

Tips To Stop Snoring

Learn how to stop snoring in just three days, naturally!

Will An Anti-Snoring Mouthpiece Help?

Some 1/3 of all people snore to some degree and, since the vast majority sleep with another person, it can become a serious mood killer and lead to many sleepless nights. There have been a myriad of products marketed to stop snoring, none more talked about than **snoring mouthpiece**. Do they work?

These "snoring mouthpieces" are actually dental appliances, technically known as mandibular advancement splints. They have actually been known to be very effective for those that suffer from mild-moderate obsctructive sleep apnea.

Made of plastic, the mouthpieces are made to be comfortable and easily worn in your mouth. They work in various ways, depending on what your dentist recommends. Usually they bring your lower jaw foward and keep your tongue towards the roof of your mouth to prevent it from blocking your windpipe. This also creates somewhat of a lip seal so it encourages you to breathe through your nose.

Although these anti-snoring mouthpieces are often available online without medical or dental consultation, it's usually best to speak with your dentist about this first. With that being said, generic mouthpieces for this purpose may work as desired if you find the right size. They're also usually softer and conform better to differing jaw structures.

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- Search...

- **Snoring Articles**
  - A Proven Home Remedy To Stop Snoring
  - Basic Stop Snoring Tips And Remedies
  - Conclusive Research On Snoring Remedies
  - Finding Better Ways To Stop Snoring
  - Some Exercises To Stop Snoring
  - Stop Snoring Remedies That Don't Work
  - Stopping Snoring In Adults Versus Children
  - Tips To Help Stop Snoring
  - Tips To Stop Snoring And The Spouse
  - Why Do People Snore?
  - Will An Anti-Snoring Mouthpiece Help?

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Losing More Than Zs

What is sleep apnea?

Sleep apnea is a serious, potentially life-threatening sleep disorder that affects approximately 18 million Americans. It owes its name to the Greek word *apnea* (meaning "want of breath") and refers to episodes in which a person stops breathing for 10 seconds or more during sleep. With each episode, the sleeper's brain briefly wakes up in order to resume breathing, resulting in extremely fragmented and poor-quality sleep. If you or your dentist suspects you suffer from sleep apnea or if you have been diagnosed with sleep apnea, your dentist can work closely with your physician to implement and manage a prescribed therapy.

What are the different types of sleep apnea?

There are two major types of sleep apnea, both of which can severely disrupt the regular sleep cycle.

Obstructive apnea: As you sleep, the muscles in the walls of your throat relax to the point where the airway collapses and prevents air from flowing into your nose and mouth, but efforts to breathe continue. This is the most common type of apnea.

Central apnea: Breathing interruptions during sleep are caused by problems with the brain mechanisms that control breathing.

What are the symptoms of sleep apnea?

People with sleep apnea usually do not remember waking up during the night. Indications of the problem may include:

- Morning headaches
- Excessive daytime sleepiness
- Irritability and impaired mental or emotional functioning
- Excessive snoring, choking, or gasping during sleep
- Insomnia
- Awakening with a dry mouth or sore throat

What's the difference between snoring and sleep apnea?

Unlike mild snoring, individuals with sleep apnea stop breathing completely for 10 seconds or more, typically between 10 and 60 times in a single night. If your partner hears loud snoring punctuated by silences and then a snort or choking sound as you resume breathing, this pattern could signal sleep apnea.

Why is sleep apnea a concern?

Studies have shown that people with this potentially life-threatening disorder are so fatigued during the day that, when driving, their performance is similar to that of a drunk driver. If left untreated, sleep apnea can lead to impaired daytime functioning, high blood pressure, heart attack, and even stroke.

How can my dentist help?

If your dentist suspects you suffer from sleep apnea, he or she will refer you to a physician, often a sleep medicine specialist. Diagnosis and treatment is based on your medical history, physical examination, and the results of a polysomnography—an overnight sleep study, which measures heart rate and how many times breathing is interrupted during sleep. If you are diagnosed with sleep apnea, your dentist can work closely with your physician to implement and manage your therapy.

What are the treatment options?

If you have mild obstructive sleep apnea, initial treatment may include avoiding sleeping on your back, losing weight, or cessation of smoking. Dental appliances, such as the Thornton Adjustable Positioner® (TAP®), which reposition the lower jaw and the tongue, have been helpful to some patients with mild sleep apnea.

If you have severe sleep apnea, continuous positive airway pressure (CPAP) systems are a commonly prescribed therapy. CPAP delivers air through a small mask that covers the nose, and the constant pressure keeps the airway open, which prevents both snoring and episodes of apnea. For patients who have trouble tolerating CPAP, other treatments, including surgery, can eliminate sleep apnea symptoms.

Academy of General Dentistry

Resources

www.knowyourteeth.com

Brought to you by the AGD, this Web site answers important dental health questions, offers the latest information on current treatments, provides tips for first-rate oral hygiene, and can help visitors find highly qualified general dentists near where they live.

1.877.2X.A.YEAR

AGD's toll-free referral number. Call to locate an AGD member dentist in your area.

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