

Snoring: Disruptive or Dangerous?

Most likely, you've always considered snoring to be a mere inconvenience in your life. Perhaps you've been kept awake night after night by your partner's thunderous snoring. You might even have suffered some embarrassment due to all of the stories told about your snoring issues. But, believe it or not, this minor inconvenience plaguing you while you sleep each night is actually quite hazardous to your health.

This is much more dangerous than you think. Snorers are three times more likely to get into an auto accident, largely due to sleep deprivation. Furthermore, this problem doesn't just affect you. Many people lose approximately one hour of sleep each night due to the excessive snoring of their partner.

So not only are you going through your daily life lacking sleep, you are also causing the sleep deprivation of those you love.

But more importantly, snoring frequently is a sign that you suffer from sleep apnea, which can be very dangerous to your health if it is not treated.

Obstructive sleep apnea (OSA) can cause you to stop breathing dozens of times a night for at least ten seconds at a time. It occurs when there is an obstruction blocking your airway. These blockages are caused by the soft tissue at the back of the throat or your tongue, or the tonsils or adenoids. This blockage stops your breathing, which then deprives your body of oxygen.

Your brain and heart don't

receive enough oxygen as a result of OSA. This generally leads to increased blood pressure and heart rate, and can put you at greater risk of heart attack and stroke. Other connected disorders are diabetes, heart disease, and obesity. Sleep apnea can also affect your waking hours by causing you to be fatigued. Fatigue has been linked to a host of physical and psychological ailments.

The most common treatment for those suffering from OSA is something called the Continuous Positive Airway Pressure (CPAP) system. This treatment has successfully treated many people, but is rather uncomfortable and many find it impossible to comply with the treatment recommendations. If you are NOT com-

pliant with your CPAP, then your sleep apnea is NOT being treated properly.

We offer a revolutionary alternative to CPAP users, which includes a custom appliance that opens the airway and reduces snoring. This innovative appliance is considerably more comfortable and much easier to travel with than a bulky CPAP machine. Our patients love the comfort of the appliance and most importantly, love how well rested and good they feel from wearing it.

Because OSA is a potentially dangerous condition, if you believe you may suffer from it, please contact us at (248) 656-2020 for an initial consultation or to obtain more information.

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