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# How can Advanced Dentistry Improve your Lifestyle? Part 4

## Unlocking the Power of Restorative Sleep: The Role of Advanced Dentistry in Improving Sleep Health



### Dentally Speaking

by Jeffrey S. Haddad D.D.S.

In the realm of health and wellness, sleep is an indispensable part of living a quality life, influencing various aspects of our physical and mental well-being. However, for many people, achieving restorative sleep remains an elusive goal, impaired by issues such as snoring, sleep apnea, and other sleep breathing disorders. Advanced dentistry emerges with hope, offering innovative solutions to enhance sleep quality and overall health through custom dental sleep appliances. Dentists equipped with specialized training in sleep medicine possess the expertise to assess, diagnose, and treat various sleep-related breathing disorders. Through comprehensive evaluations and personalized treatment plans, these dental professionals collaborate with patients to address underlying issues and restore restful sleep.

### The Dental Sleep Appliance: A Catalyst for Better Sleep

Dental sleep appliances, also known as oral appliances or mandibular advancement devices (MADs), are custom-made devices designed to address sleep-related breathing disorders, particularly snoring and obstructive sleep apnea (OSA). Crafted by advanced dentists with expertise in sleep medicine, these appliances serve as a non-invasive alternative to traditional treatments like continuous positive airway pressure (CPAP) machines.

Unlike CPAP therapy, which involves wearing a mask connected to a machine that delivers pressurized air, dental sleep appliances work by gently repositioning the lower jaw and tongue

to prevent airway collapse during sleep. By promoting proper airflow and reducing airway obstruction, these appliances pave the way for restorative sleep, free from the interruptions caused by snoring and apneic episodes.

### Not all Dental Sleep Appliances are Created Equal

A properly made dental sleep appliance is very comfortable, non-intrusive, and has a 90% compliance rate with patients. The latest studies show that it is now superior to CPAP therapy when treating Mild and Moderate Sleep apnea and it is much easier to use in comparison. In fact, I wear the exact appliance that I fabricate for my patients, and it changed my life! I suffer from Mild OSA, which doesn't sound too serious, but is twice as bad on my heart as smoking! The innovative design of our sleep appliance and the computerized jaw tracking utilized to measure proper jaw position makes our sleep appliance the most progressive appliance available. It is very important that an advanced dentist who is trained in dental sleep medicine and TMJ disorders provides a custom sleep appliance for patients.

#### 1. Customized Treatment

**Approach:** Advanced dentists tailor treatment strategies to each patient's needs, taking into account factors such as anatomical structure, severity of symptoms, and lifestyle considerations. This personalized approach ensures optimal outcomes and patient satisfaction.

#### 2. Non-Invasive Intervention:

Dental sleep appliances offer a non-invasive alternative to traditional therapies, providing patients with greater comfort and flexibility in managing their sleep disorders. With advancements in appliance design and

materials, these devices deliver effective results without the inconvenience of masks or machinery.

#### 3. Continuous Monitoring and Adjustment:

Throughout the treatment process, advanced dentists monitor patients' progress and make necessary adjustments to optimize appliance fit and efficacy. Regular follow-up appointments allow for ongoing support and refinement, ensuring long-term success in achieving restorative sleep.

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### The Benefits of Healthy Sleep

The benefits of healthy sleep extend far beyond mere rejuvenation; they encompass a myriad of physiological, cognitive, and emotional advantages that profoundly

impact overall wellness. Here are some of the key benefits:

#### 1. Enhanced Cognitive

**Function:** Quality sleep plays a pivotal role in cognitive processes such as memory consolidation, problem-solving, and deci-

sion-making. By fostering optimal brain function, healthy sleep enhances cognitive performance and promotes mental acuity.

#### 2. Improved Mood Regulation:

Adequate sleep is closely linked to emotional well-being, with insuf-

ficient sleep being associated with heightened irritability, mood swings, and an increased risk of mood disorders such as depression and anxiety. Restorative sleep promotes emotional stability and resilience against stressors.

#### 3. Optimized Physical

**Health:** Sleep serves as a cornerstone of physical health, contributing to the regulation of various physiological functions such as immune response, hormone balance, and metabolism. Quality sleep fosters immune resilience, supports weight management, and reduces the risk of chronic conditions such as cardiovascular disease and diabetes.

#### 4. Increased Energy, Enhanced Productivity and Performance:

Whether in the workplace, academia, or athletic pursuits, adequate sleep is paramount for optimizing performance and productivity. Rested individuals exhibit improved concentration, creativity, and physical endurance, enabling them to excel in their respective endeavors.

#### 5. Cardiovascular Health:

Chronic sleep disturbances, such as those experienced in untreated sleep apnea, can significantly impact cardiovascular

health, increasing the risk of hypertension, stroke, and heart disease. By addressing sleep-related breathing disorders, dental sleep appliances contribute to cardiovascular risk reduction and overall heart health.

In the pursuit of holistic health and wellness, the importance of quality sleep cannot be overstated. Through the integration of advanced dentistry and sleep medicine, patients can reclaim restorative sleep, alleviate the adverse effects of sleep-related breathing disorders, and unlock the numerous benefits of optimal sleep health. With dental sleep appliances as a cornerstone of treatment, advanced dentists stand at the forefront of this transformative journey towards a healthier life.

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