



What is Sleep Apnoea?

It is believed that sleep apnoea affects millions of people every year, but since it occurs at night while you sleep, people are unaware they are suffering and thus it goes undiagnosed. Signs and symptoms include unrefreshed sleep, daytime sleepiness, depression, morning headaches and going to the toilet frequently throughout the night. For many, gagging or gasping for air at times whilst sleeping or loud snoring is common.



Sleep Apnoea results from the tongue and soft palate collapsing onto the back of the throat while you sleep. This obstructs the upper airway, causing airflow to be restricted or completely stop; often for more than 10 seconds at a time. Your brain signals the body that there is a lack of oxygen and adrenalin is released and you arouse, this is where you may gasp for breath. Your airway will regain tonus and open, forcing the obstruction in your throat to clear and then your breathing will begin again. This is an obstructive apnoea; the process repeats itself over and over again through the night. In severe cases some people can lose breath for as much as 40 seconds over 60 times an hour.

The combination of low oxygen levels and consistent, disturbed, and interrupted sleep can cause the patient to feel exhausted throughout the day, ***but in some cases the patient does not even know how bad their sleep really is.*** Thus it is vital that if you have any symptoms you have a sleep study to assess your risk of sleep disordered breathing; as the ill effects of sleep apnoea can contribute to a host of very serious health concerns like cardiovascular disease, stroke and heart attack.

What are the signs and symptoms of Sleep Apnea?

- Tiredness/fatigue and irritability in the mornings and during the day
- Snoring
- Daytime sleepiness
- Depression
- Frequently waking throughout the night to go to toilet or get a drink
- Regular Morning Headaches
- Worn teeth caused by clenching or grinding of teeth
- Poor memory
- Reflux problems
- Dark circles or bags under or around the eyes



Why should I have a Sleep Study?

Because sleep Apnoea occurs at night while you should be sleeping deeply, diagnosis isn't as easy as a quick visit to your local GP or dentist. It is imperative that you have a sleep study.. Even if you think you just snore, it is possible that you have some level OSA and may need to see a specialist.

Snoring and Obstructive Sleep Apnea Treatment Solutions..

If you or a loved one snores, the problem can be more than just a social embarrassment. Historically those who were afflicted with the condition were left to live out their restless lives without a treatment solution. Sleep disorders, if left untreated, can result in a host of serious negative side effects to your overall health and mental well-being.

Dental Devices

For those who suffer with mild to moderate sleep apnoea, treatment may be a dental device such as a mandibular advancement device/splint (MAD or MAS). Our recommended Oral Device is, SomnoDent - effective for treating mild to moderate sleep Apnoea. This device is worn while you sleep and works to open your airway by bringing the lower jaw, tongue and associated soft tissue forward stopping it from collapsing during sleep. This appliance maintains the patency of your airway and thus greatly reduces or eliminates the snoring and apnoeic events.



When considering this form of snoring/sleep apnoea treatment it is very important to get a consultation and be fitted in an accredited dental clinic with advanced training in sleep apnoea, and to return for regular visits to prevent any dental problems from occur. The appliances may also need periodical adjustment to help secure a better fit and ensure optimal efficiency.

About CPAP

For patients with severe obstructive sleep apnoea the most common treatment is Continuous Positive Airflow Pressure (CPAP). This is a device that involves a mask, tubes and a fan. The device uses air pressure to maintain a patent airway whereby the continuous motion enables air to pass unobstructed through your airway, resulting in diminished obstructions of the airway throughout your sleep. Due to patients having to wear a mask and the continuous air pressure throughout the night many patients cannot tolerate CPAP.



If tolerated CPAP therapy offers a considerable boost to energy levels in the day for most patients, while also boosting their overall health. For the most effective treatment, your CPAP device must be used whenever you sleep, even for short naps. This is a non-invasive form of therapy is a safe and very effective treatment. New CPAP devices are lighter, quieter, and more enjoyable to use, so if you've previously tried a machine in the past but gave up on treatment due to discomfort, call us to see what advancements have been made.

Surgical options

For extreme cases, sleep Apnoea can also be treated surgically. Currently the costs and success rates associated with surgery can differ considerably, and success is not guaranteed. Speak with us and research your options carefully before going through any lengthy, painful, and costly procedures.

Don't wait to start getting help

If you think you or a loved one currently suffers from Sleep Apnoea or any other sleep condition and would like to receive snoring treatments at **FirstBite Dental** please call us immediately at **03-93791893**.

Treatment Consent

Explanation

Snoring and Obstructive Sleep Apnea (OSA) are breathing disorders, which occur during sleep, due to the narrowing or total closure of the airway.

Snoring is a noise created by the partial closure of the airway and is often no greater problem than the noise itself. However, consistent loud snoring with OSA symptoms has been linked to medical disorders such as hypertension (high blood pressure) and stroke.

OSA occurs where the airway totally closes many times during the night. It can significantly reduce oxygen levels in the body and disrupt sleep. To varying degrees, this can result in excessive daytime sleepiness, irregular heartbeat, hypertension, and occasionally heart attack and stroke. If you suspect that you have symptomatic snoring or OSA, you should consult your general medical practitioner.

The SomnoMed MAS™ is effective in the treatment of snoring and OSA. It assists breathing by keeping the lower jaw and tongue forward during sleep, which opens the airway space in the throat. The SomnoMed MAS™ has substantially reduced snoring and OSA for many people, but there is no guarantee that the therapy will be successful for every individual.

Several factors contribute to snoring and OSA, including nasal obstruction, narrow airway space in the throat and excess weight. Other accepted treatments for snoring and OSA that should be considered by sufferers, include lifestyle changes (eg. weight loss), behavioral modification, continuous positive airway pressure ("CPAP") and surgical procedures.

Possible Complications

The SomnoMed MAS™ is a two-piece, custom made, mandibular advancement appliance that is only worn at night.

Some patients may not be able to tolerate the SomnoMed MAS™ or any other device in their mouths.

Some patients may develop temporary side effects such as, sore jaw joints; excessive salivation; dry mouth; sore teeth; irritation of the soft tissues in the mouth and or a slight change in their bite. In some cases, a permanent "bite" change may occur. If any unusual symptoms or side effects occur you must contact your dentist immediately.

Length of Treatment

The SomnoMed MAS™ is a mechanical device to keep the airway open during sleep. It does not cure snoring or OSA. It must be worn each night to be effective.

Snoring may develop into OSA and it is possible that the appliance may not maintain its effectiveness over time and needs to be checked at least twice a year by your dentist to ensure proper fit and effectiveness.

Unusual Occurrences

As with any form of medical or dental treatment, unusual occurrences can and do occur. Broken or loosened teeth; dislodged dental restorations; sore mouths; gum disease; deterioration of tooth structure; non-vital teeth (dead teeth); muscle spasms and ear problems are examples of possible unusual occurrences.

These complications are unusual and infrequent.

Additional medical and dental risks that have been mentioned may occur, but are unlikely to. If any unusual symptoms occur, you should cease using the appliance immediately until you see your dentist or doctor.

Please call the surgery/practice if you have any questions or problems regarding the treatment.

- **I have been assessed for snoring and/or OSA and understand that I should be examined by my medical GP and that I may also need to have a sleep study performed.**
- **I have read and understand the conditions and information in this Consent Form.**
- **I have discussed the information contained in this Consent Form concerning the SomnoMed MAS™ with my dentist.**
- **I have had explained to me the cost of the treatment and I accept responsibility for that cost.**
- **I have received a signed copy of this Consent Form and authorize my dentist to provide me with treatment using a SomnoMed MAS™**

Patient Name	Patient Signature	Date
Witness Name	Witness Signature	Date
Dentist Name	Dentist Signature	Date