

## SLEEP APNEA

### WHAT IS IT:

Sleep apnea is a potentially serious sleep disorder that causes one's breathing to be interrupted during sleep due to airway blockage. When left untreated, sleep apnea can result in health problems including stroke, hypertension, diabetes, and heart disease.

### HOW IS IT DIAGNOSED:

An overnight sleep study is performed to measure breathing patterns and oxygen levels. This can often be completed via an at-home sleep study.

### SYMPTOMS:

- Snoring, awakening with choking or smothering sensation, and waking frequently to urinate
- Restless sleep and daytime fatigue
- Difficulty concentrating
- Dry mouth or morning headaches

### RISK FACTORS:

- Overweight (high BMI)
- Family history of sleep apnea
- Gender (Male > Female)
- Anatomical abnormalities such as nasal obstruction, elongated soft palate, and enlarged tonsils and/or adenoids

### TREATMENT:

1. CPAP machine: Uses air pressure from a mechanical device to keep the airway open.
2. Dental Devices: Can be worn at night to reposition the jaw to relieve airway obstruction. A dentist can make this for you and often we refer to:
  - **Sherry Vakilian, DDS** | (760) 436-9292  
320 Santa Fe Dr. Suite 105  
Encinitas, CA 92024
  - **Chase Bennett, DDS** | (619) 494-5091  
5876 Owens Ave., Suite 150  
Carlsbad, CA 92008
  - **Jeffrey Brockett, DDS** | (619) 955-6103  
1349 Camino Del Mar Suite E  
Del Mar, CA 92014
3. Positional Devices: Can be worn to reduce snoring by preventing sleeping on the back (see image).
  - Rematee [rematee.com] or Slumber Bump [slumberbump.com].
4. Intranasal Devices: Work to relieve nasal breathing problems resulting from anatomical obstructions. Examples:
  - Max Air Cones [maxairnosecones.com]
  - Breathe Right Strips [breatheright.com]
5. Lifestyle changes: Losing weight and eliminating alcohol from your diet can decrease your apnea severity.

