

St Leonards Holistic Dental Care

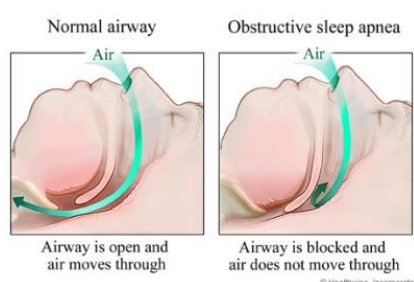
Dr Charlotte de Coursey-Bayley BDS Hons (Syd Uni)

IMPROVING YOUR SLEEP

Do you Snore?

Unless your partner tells you, you might not even be aware that you do. Snoring occurs when the soft tissues at the back of your throat collapses and vibrates. Snoring can be a symptom of Obstructive Sleep Apnoea (OSA) which is a serious health condition that affects over 1 million Australians.

Do you have Obstructive Sleep Apnoea (OSA)?



OSA occurs when you stop breathing during sleep because your airway has completely closed. This can happen hundreds of times during the night lasting anywhere between 10-60 seconds each time.

Do any of these comments sound familiar?

- I am excessively sleepy during the day.
- I snore loudly and disturb my partner.
- I feel unrefreshed when I wake up.
- I easily lose concentration.

**If you said "YES"
WE CAN HELP!**

What will the Dentist do?

Dr Charlotte de Coursey-Bayley will conduct thoroughly examination of your teeth and mouth and may use X-rays to confirm your oral health status. She will also review your medical history and sleep patterns to determine the BEST treatment option for you. This may include a referral for a sleep study if you don't have one, ordering an Oral Sleep Apnoea Appliance or referral to adjunct health care practitioners.

What is an oral appliance?

An oral appliance is a small device, similar to an orthodontic retainer or an athletic mouthguard. It is worn in the mouth during sleep to prevent the soft throat tissues from collapsing and obstructing the airway. It helps maintain the patency of the upper airway by increasing its dimensions and reducing collapsibility.

Are oral appliances effective in treating OSA?

Recent studies show oral appliances to be effective in treating mild to moderate OSA. Oral appliances have been shown to effectively treat severe obstructive sleep apnoea in some cases. They are custom made to fit your mouth; you will find the appliance to be surprisingly **comfortable** and **discreet**. You will also find that you're used to wearing the device after about a week.

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