

# Sleep Dentistry Treats Snoring And Obstructive Sleep Apnea

## What Causes Snoring?

Your mouth and throat tissues relax when you fall asleep, causing them to fall toward your throat. This creates crowding of the throat by the tongue and soft palate, resulting in a partially blocked airway. Air passing through this narrow airway causes your throat tissues to vibrate. This is what causes the snoring sound.

## What Is Obstructive Sleep Apnea (OSA)?

For some people, when they fall asleep, the tongue and soft tissues obstruct air from entering the lungs—you literally stop breathing—your blood oxygen drops, the heart starts beating faster, blood pressure rises. If the amount of oxygen in your blood drops too low because of this, your brain sends a message to your body to unblock the airway. Your body's reaction is to tighten your throat muscles with a loud gasp or snort, which means you partially awaken. This cycle then repeats. OSA can cause high blood pressure, heart disease, weight gain, depression, fatigue, diabe-

tes, depression, even death.

## How Can Your Dentist Help?

OSA can and should be diagnosed by a qualified physician, or specialist in sleep medicine. Many times medical treatment is Continuous Positive Airway Pressure (CPAP), or wearing a mask while sleeping that pushes air through your air passageways...or in some cases, surgery. A dentist trained in OSA, can examine your mouth and throat, ask you some questions pertaining to your health and sleep history, and even provide a take-home sleep screening monitor, and refer you to the medical community. Properly trained dentists can also make custom fit oral appliances that are worn over the teeth during sleep, to prevent the jaw, and tongue, from falling back, keeping the airway open.

Local dentist, Dr. Robert Shandrick has spent weeks training in Sleep Dentistry and OSA at the Las Vegas Institute for Advanced Dental Studies (LVI). His office utilizes the Myotonics J-5 TENS myomonitor, and the



*Dr Robert Shandrick (left front of screen) and Dr. Anna Marie Cole (LVI Co-director, Sleep Dentistry, at head of patient) prep patient for an oral appliance (MAD) to treat snoring/sleep apnea, as other training dentists observe.*

K7 computer jaw analysis software to ideally position the jaw and to fabricate such a custom physiologically designed oral appliance called Mandibular Advancing Device (MAD) that assists breathing during sleep. The office also is equipped with Braebon Medibyte portable sleep monitor/screener. He practices at Shandrick Dental Care Studios, Rt. 93, Sugarloaf, PA (570)788-1870 [www.shandrickdentalcare.com](http://www.shandrickdentalcare.com)

*Enjoy the sleep  
you deserve!*

**Shandrick  
Dental Care Studios**

ROBERT S. SHANDRICK DMD, FAGD  
*Exceptional Dentistry, for Exceptional Smiles*

[www.shandrickdentalcare.com](http://www.shandrickdentalcare.com)

536 State Route 93  
Sugarloaf, PA 18249

*(Across from Conyngham Builders)*

**570.788.1870**



## SLEEP WITH A



LVI ORAL APPLIANCE



CPAP

VS.

Snoring loud frequently may be a sign of sleep apnea. Left untreated, sleep disorders can contribute to...

- High Blood Pressure
- Cardiovascular Disease
- Memory Problems • Weight Gain
- Depression And Daytime Fatigue

**CONTACT YOUR DOCTOR OR DENTIST  
TODAY FOR INFORMATION!**

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