

# Can A Good Night's Sleep Cure What Ails You?

By Lori Romano

**E**veryone knows that not getting enough sleep can result in drowsiness, crankiness and physical ailments like headaches. But did you know that nagging tired feeling may actually be a symptom of a life-threatening disorder?



Sleep-Disordered Breathing (SDB) is a term used to describe a number of sleep disorders ranging in severity from simple snoring to Obstructive Sleep Apnea, a progressive condition in which the muscles in the airway relax and collapse during sleep. This causes a person to stop breathing, in some cases up to 100 times a night, leading to a dangerous decrease in the blood oxygen level.

“An estimated 35% of males and 25% of females between the ages of 25-45 suffer from this potentially life-threatening condition, and those numbers only increase with age,” says Dr. Edward Spiegel, Founder and CEO of Dental Innovations, LLC. “The goal of physicians and dentists is to begin treating people at an earlier age so the other medical factors that can occur from an untreated sleep disorder are eliminated. This is a dangerous, but very treatable condition.”

SDB has been linked to a host of problems including hypertension, metabolic disorders, insulin resistance, neurological disorders such as Alzheimer’s Disease, erectile dysfunction, Down’s Syndrome, cardiovascular disease, chronic reflux or heartburn, and depression. Studies have even shown that children diagnosed with ADD or ADHD should be evaluated for SDB. The most common symptoms include tiredness, waking with a headache, falling asleep easily during the day, never feeling rested, and high blood pressure that doesn’t respond to blood pressure medication.

The biggest misconception about SDB is that the condition only affects elderly, obese men. Quite the contrary, SDB can affect children, senior citizens, men, and women of all ages and ethnicities. Common risk factors include obesity, fat deposits around the neck (17-inch circumference for men, and 16-inch for women), fat deposits in the abdomen, as well as increasing age.

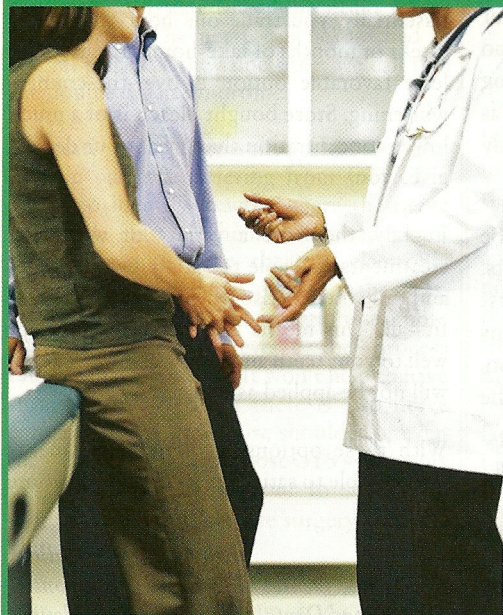
While common treatments of SDB have included surgery and Continuous Positive Airway Pressure (CPAP), the gold standard treatment of mild to moderate sleep disorders is Oral Appliance Therapy. There are over 100 FDA-approved oral appliances, similar to streamlined athletic mouthguards that are only worn at night. A qualified dentist can easily evaluate and fit patients for oral appliances, and positive results are often seen in as little as two weeks.

“It’s a very easy treatment,” says Dr. Spiegel. “There are no needles and no pain. After one year, approximately 70% of people stop using the CPAP, while 92% of Oral Appliances are still in use. Oral Appliances are covered under traditional insurance and Medicare with little to no out-of-pocket expense. There is really no reason not to seek treatment.”

To learn more talk to your doctor or dentist, or visit [www.dentalinnovationsllc.com](http://www.dentalinnovationsllc.com) now also serving the West Valley at [www.vistanciaortho.com](http://www.vistanciaortho.com).

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