# The danger of untreated sleep apnea

# Getting and Using an Oral Appliance for Sleep Apnea

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No one will argue that continuous positive airway pressure (CPAP) is for everyone with sleep apnea. In fact, many people struggle valiantly to overcome early compliance difficulties. For those who do not find adequate solutions, the CPAP may be boxed up and set aside.

Make sure you use a Board Certified Sleep Professional.

If you use a Dentist; check to make sure they are Board Certified by American Academy of Dental Sleep Medicine.

Speak with your Sleep center as most have certified technicians whom can fit your oral appliance.

TMJ patients, Denture patients and patients with major partials are not normally a candidate for an oral appliance.

An oral appliance can be an attractive and useful treatment for snoring and sleep apnea. Be sure to select a qualified provider of an appliance that is properly fitted and adjusted.

Nations Tid-Bits

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Everyone agrees that the breath-stopping type of snoring known as sleep apnea isn’t a good thing — it disrupts your nighttime rest, makes you sleepy during the daytime, boosts blood pressure, and increases the chances of developing heart trouble. Just how bad is it?

Pretty bad, according to an extended study of almost 1,500 Spanish snorers. Researchers followed the men, who had been referred to a hospital sleep clinic, with yearly checkups. All were offered the most successful treatment, called continuous positive airway pressure. It involves breathing through a face mask that delivers a

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About 1 in 7 men

stream of air into the nose.

Many of the study volunteers decided not to use the device.

After 10 years, the researchers tallied up how many of the men had suffered a heart attack or stroke, needed a procedure to bypass or open a clogged heart artery, or died from cardiovascular disease. About 1 in 7 men.