



The Essential Guide To Sleep
APNEA

Welcome to Atlanta Smiles!

At Atlanta Smiles, we believe every patient deserves a healthy and beautiful smile and life. We focus on general and cosmetic dentistry as well as overall health and wellness.

Our dental team is led by our experienced and highly-trained general and cosmetic dentists, Dr. Giesler and Dr. Kovitch. Patients throughout the Atlanta area choose Atlanta Smiles for our expertise, excellent results, and compassionate care.

Our dental team views comprehensive dentistry as a life-long commitment to your health, appearance, and self-image. Our care continuum includes a focus on total body health founded in strong oral health and backed by our expertise in dental treatment.

We are passionate about helping our patients achieve healing and confidence. Therefore, we offer a range of services supported by our team of highly skilled professionals. We work with each patient to develop the best treatment plan to restore your health and accomplish your treatment goals.

Every aspect of our dental practice delivers the highest quality of professional care and state-of-the-art dentistry, emphasizing your well-being and personal needs. We are happy you are here and grateful to walk beside you on the journey to health, beauty, and rest.



Sleep Apnea Solutions – Better Sleep Leads to Better Health



Quality sleep lays the foundation for our physical and mental health. Today, many patients experience chronic sleeping issues, including sleep apnea and snoring. When a patient suffers from sleep apnea, their quality of life and overall wellness also suffer.

Thankfully, patients can find help for poor sleep and/or snoring at Atlanta Smiles. If you've received a sleep apnea diagnosis or suspect you have sleep apnea, we have treatment options to bring relief and help you breathe better as you sleep.

Atlanta Smiles cares about our patients and their overall wellness. We want to help you live your best life. That starts with great sleep!

Sleep Apnea Treatment Helps Prevent Snoring



Patients with sleep apnea often snore. These unpleasant sounds not only lead to less peaceful sleep for the patient, but spouses must also suffer from their partner's loud snoring. In fact, extreme snoring can disrupt everyone's sleep in the home.

Just like with sleep apnea, snoring may cause negative health effects and lead to a decline in overall health. Treating sleep apnea and snoring improves one's quality of life and wellbeing.

Atlanta Smiles offers treatment for snoring. Custom oral appliances work by adjusting the space between the tongue and soft palate to create a clear airway for continual breathing. Spare your family from snoring with effective treatment solutions.

What is Sleep Apnea?

For patients that experience excessive tiredness, decreased attentiveness, low energy, or cessation of breath during sleep, the cause is likely sleep apnea.

Sleep apnea is a common but serious health condition tied to abnormal breathing during sleep. Patients may experience repetitive and prolonged pauses in their breathing while they sleep. These disruptive patterns not only impact sleep but also lead to other unwanted health conditions caused by decreased oxygen levels.

Sleep apnea can affect people of all ages, including children. However, obesity and smoking greatly influence the occurrence and severity of sleep apnea.

Don't suffer alone. Seek the help you need to heal and find restoration at Atlanta Smiles.

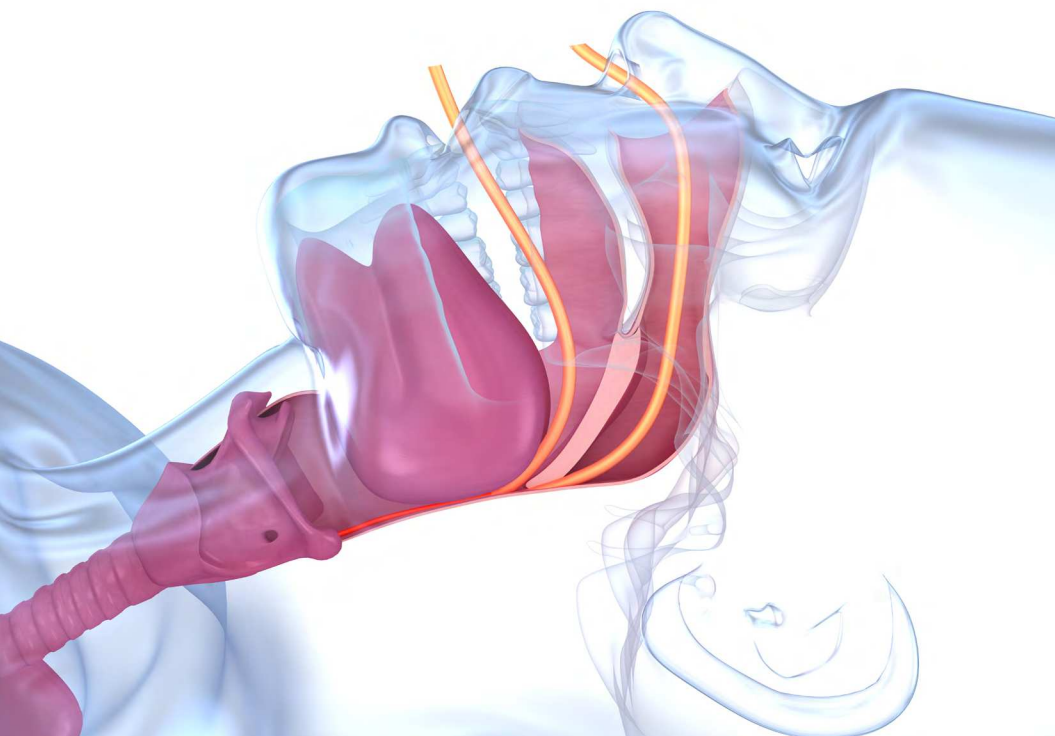


Types of Sleep Apnea

Sleep apnea stems from two different sources, obstruction of the throat passage and improper brain signaling. Finding the right treatment solutions begins by identifying the specific type of sleep apnea.

Regardless of the type of sleep apnea, there is hope for better sleep with the right treatment solutions.

- ❖ **Obstructive Sleep Apnea** – The patient's airway becomes blocked by the tongue or excess tissue.
- ❖ **Central Sleep Apnea** – The patient's brain signals that control breathing stop working properly.
- ❖ **Complex Sleep Apnea** – The patient suffers from both obstructive and central sleep apnea.



Sleep Apnea Treatment Options



The most common treatment solution for sleep apnea is the use of a CPAP (continuous positive airway pressure) machine. Yet, oral appliances also offer improved breathing support for sleep apnea patients.

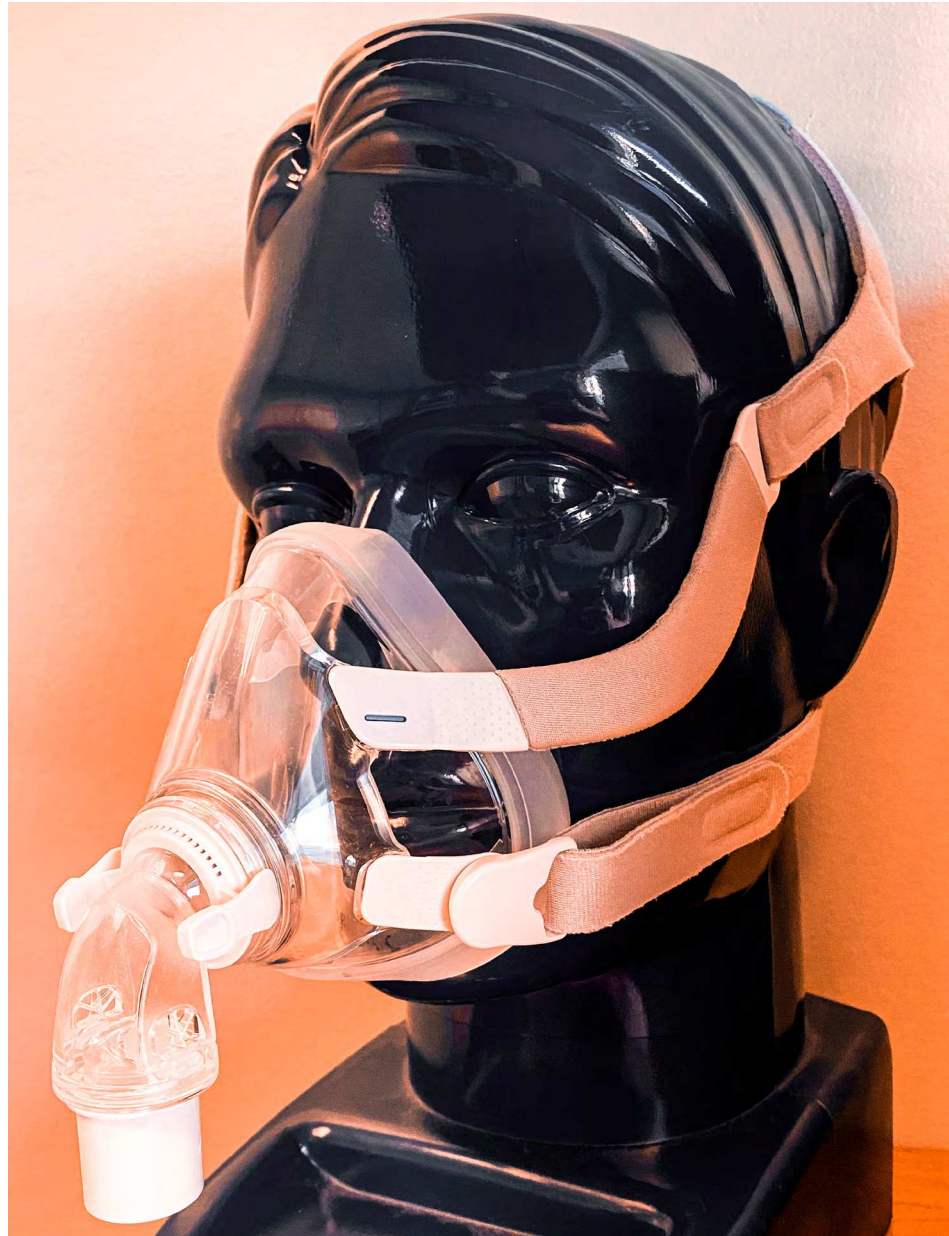
We work with each patient to develop the best treatment continuum to support your healing and comfort. Along with treatment options to manage the symptoms of sleep apnea, we offer support to address the root causes of sleep apnea, like nutritional counseling.

CPAP

When diagnosed with sleep apnea, most patients receive a recommendation to use a CPAP machine while sleeping. The machine works by placing a mask over the nose and sometimes mouth where a continual flow of pressurized air moves through the machine into the airway.

The airflow keeps the airway passage open to regulate breathing and prevent choking, snoring, and cessations. Using a CPAP machine does not cure sleep apnea. Instead, it manages the symptoms of the condition and reduces the impact of decreased oxygen levels on the body.

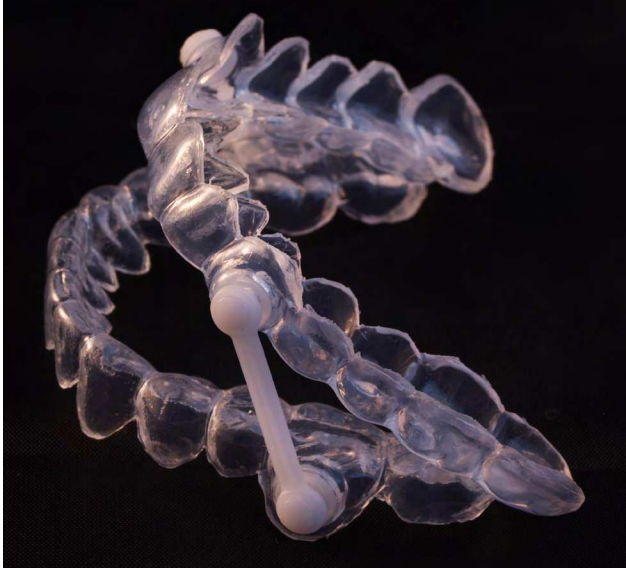
If you're uncomfortable using this machine or have concerns about using it on a regular basis, our dentists can recommend an oral alternative based on your specific symptoms and medical history.



Oral Appliances

Oral appliances offer an alternative or complementary treatment option. If you are uncomfortable using a CPAP machine or wearing a mask while sleeping, ask about oral appliances to treat sleep apnea.

Like with the CPAP machine, oral appliances keep the airway open and unobstructed. However, an oral appliance does not provide additional airflow. Some research shows that



CPAP machines produce better results. Yet, oral appliances do work to improve breathing cessations, snoring, and choking during sleep.

Oral appliances also work as a backup to the CPAP machine. Patients may not want to travel with a bulky CPAP machine. However, they still need to manage their sleep apnea. Oral appliances offer a great option.

Mandibular appliances work by shifting the jaw forward to relieve snoring and mild cases of sleep apnea. Our dental team designs customized appliances for patients to address the symptoms of sleep apnea. We work with you to find the right design to help you achieve a good night's sleep.

What Factors Contribute to Sleep Apnea?

Different factors contribute to sleep apnea based on the specific condition type.

Central Sleep Apnea Contributing Factors

Brain function impacts central sleep apnea. However, certain factors lead to higher rates of central sleep apnea.

- ❖ Stroke
- ❖ Congestive heart failure
- ❖ Use of opioid medications

Obstructive Sleep Apnea Contributing Factors

Obstructive sleep apnea is the leading type of sleep apnea. Certain lifestyle changes, like losing weight or stopping the use of alcohol or tobacco can reduce the symptoms of the condition.

- ❖ Obesity
- ❖ Use of alcohol and drugs
- ❖ Smoking
- ❖ A narrow airway
- ❖ Thicker neck circumference
- ❖ Family history



What Are the Symptoms of Sleep Apnea?

The symptoms of sleep apnea occur both while sleeping and as an impact of the reduced oxygen levels that occur.

- ◆ Snoring
- ◆ Interrupted breathing during sleep
- ◆ Poor quality of sleep or restlessness while sleeping
- ◆ Problems with memory or concentration
- ◆ Waking with a dry mouth
- ◆ Irritability
- ◆ Mood swings
- ◆ Weight gain
- ◆ Sore throat
- ◆ Heartburn
- ◆ Morning headaches
- ◆ Gasping for air
- ◆ Increased daytime fatigue
- ◆ Reduced cognitive function

If you experience symptoms consistent with sleep apnea, seek professional help. The right diagnosis and treatment can improve your health and quality of life.

How Is Sleep Apnea Diagnosed?

Sleep apnea symptoms often occur while sleeping. Therefore, many patients don't realize they suffer from sleep apnea, and the condition goes undiagnosed until a major issue arises. Plus, many symptoms of sleep apnea are like those of other common conditions.

Work with a trusted and experienced sleep specialist to achieve the best diagnosis for sleep apnea. To diagnose sleep apnea, patients participate in a sleep study to track brain activity, eye movements, heart rates, breathing patterns and cessations, and snoring. Many sleep studies can now be done in your own home and return the test for analysis.

The patient wears a device while they sleep to monitor and record the data. Then, the specialist evaluates the data to determine the presence of sleep apnea. Once diagnosed, your doctor helps determine the right treatment solution.



Who Is a Good Candidate for Oral Appliance Treatment?

Not all patients like using the CPAP machine and need an alternative treatment option. Oral appliances offer a solid solution for these patients. Oral appliances work best for patients with mild to moderate obstructive sleep apnea.

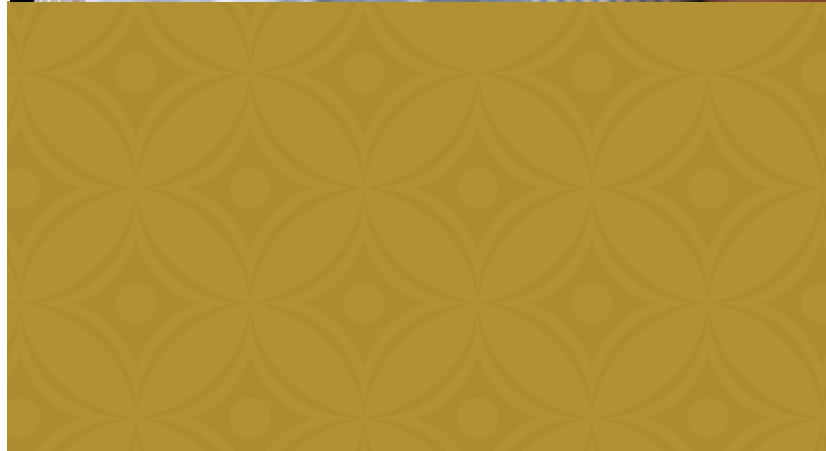
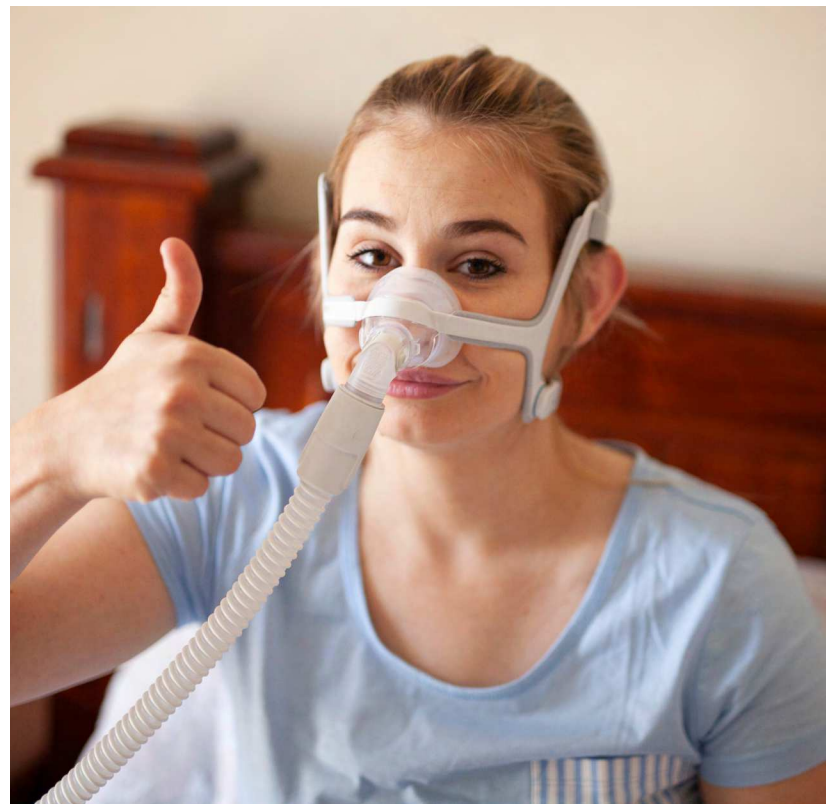
The oral appliance works to keep the airway unobstructed so the patient can breathe freely. Oral appliances do not offer an effective treatment for central sleep apnea.



Why is CPAP Treatment Best for Managing Sleep Apnea?

The most common treatment for sleep apnea is a CPAP machine. Studies show better results, including weight loss, with the use of the CPAP machine. The constant flow of air acts as a splint to open the airway. Patients maintain an unobstructed airway and additional airflow into the airway.

However, some patients struggle to tolerate treatment with the CPAP machine. For these patients, an oral appliance offers an alternative. We work with each patient to recommend the right treatment option for your overall health.

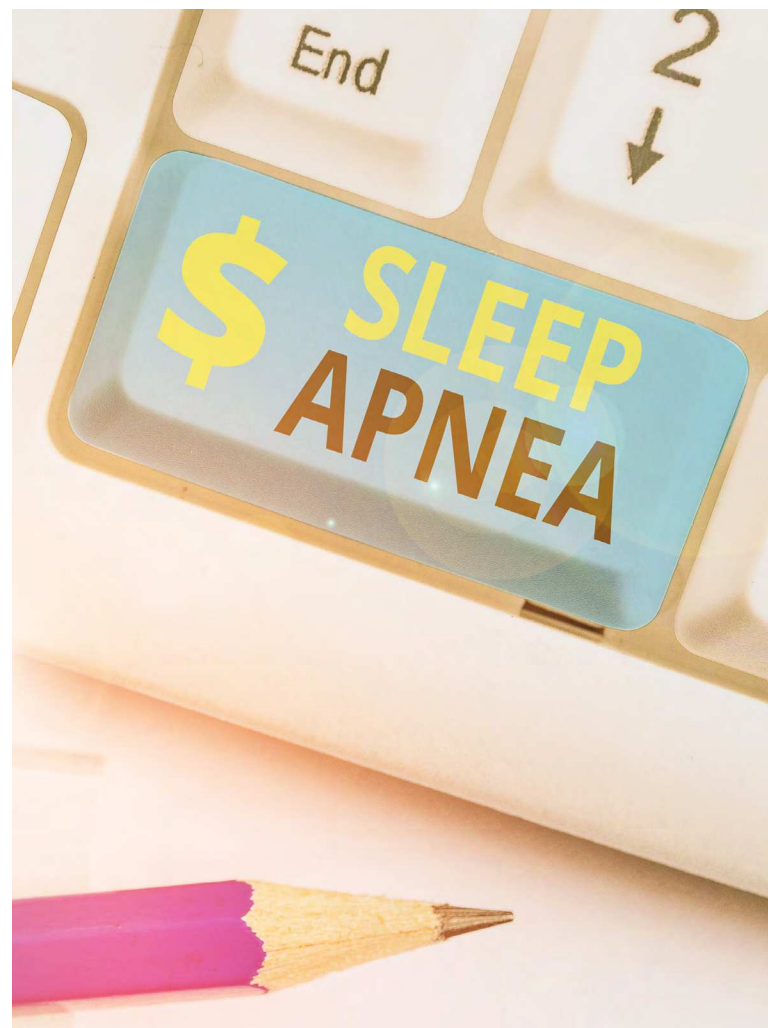


What is the Cost of Sleep Apnea Treatment?

The cost for sleep apnea treatment varies based on the treatment options selected. Typically, CPAP machines cost between **\$500** and **\$1000**. However, a more complex machine, like a BiPAP, can cost up to **\$6,000**.

Ongoing costs for CPAP machines include air filters, tubing, masks, and headgear.

Oral appliances for sleep apnea typically cost around **\$2,800-\$5,000**. Check with your health insurance provider regarding coverage for sleep apnea treatment.



What Are the Risks of Leaving Sleep Apnea Untreated?

Sleep apnea is a serious condition. If left untreated, patients can experience extreme negative health effects including high blood pressure, stroke, and heart disease.

While not always seen as having an extreme impact on one's health, other symptoms, like mood swings, fatigue, and headaches impact quality of life. These symptoms can also lead to mental health issues when left untreated.

Seek the help you need to restore your health and quality of life.



Is Sleep Apnea Treatment from Atlanta Smiles Right for You?

Atlanta Smiles cares about your total health. While we specialize in dentistry, we offer treatments to support our patients' overall wellbeing.

We offer top-quality and effective care for children and adults suffering from sleep apnea. This includes custom oral appliances to support better breathing while you sleep.



Contact us today to learn more about sleep apnea treatments or to schedule an appointment for care.

