

Obstructive Sleep Apnea (OSA)

What is Obstructive Sleep Apnea?

OSA is a chronic, medical, Sleep Breathing Disorder that is characterized by repeated episodes in which the tongue, soft palate and other related tissues collapse the upper airway during sleep, reducing the amount of oxygen delivered to the lungs.

What causes Obstructive Sleep Apnea?

- Underdevelopment of the upper and lower jaws which appear as crowding, deep (overbite) or narrow upper and or lower jaws.
- During sleep when the throat and tongue muscles are more relaxed, soft tissue collapses causing partial or complete blockage of the airway.
- Soft tissue can play a factor due to excess weight, large tonsils, or the nature of the anatomy of the airway.
- Snoring is often a key symptom of partial collapse, due to air passing through a narrowed opening causing tissue to vibrate.

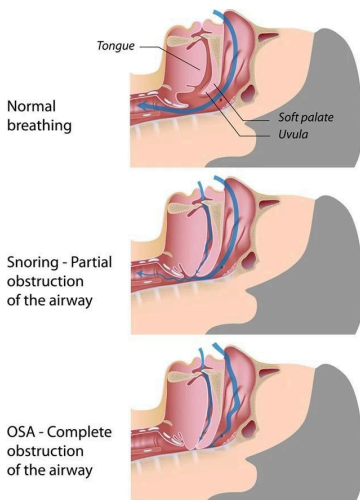
Signs and Symptoms of Sleep Apnea:

- Inconsistent breathing during the night
- Snoring
- Hypertension
- Depression
- Obesity
- Gasping choking, or coughing during sleep
- Extreme tiredness throughout the day
- Lethargic feelings
- Morning Headaches
- Lack of interest in hobbies
- Dry mouth and/or sore throat in the morning
- Irregular heart beat
- Trouble concentrating or remembering things



The Facts Behind Snoring and Why It Shouldn't Be Ignored:

- Snoring is more than just a loud and annoying noise, it can be an indicator of a Sleep Breathing Disorder (SBD) that can be very serious.
- Approximately 42 million Americans have a SBD.
- The most common form of a SBD is Obstructive Sleep Apnea, a medical condition where your tongue and soft tissues close off your airway and stop air from entering your lungs.



Check It Out!

How Do We Treat Obstructive Sleep Apnea?

- Home Sleep Test
- Behavioral/ Positional Therapy
- Oral Appliance Therapy
- CPAP
- Medication
- Surgery

Ask Your Dentist About Sleep Devices

In partnership with medical doctors, your dentist can help you understand, screen, and treat your mild to moderate Sleep Apnea. With the use of a Sleep Apnea device, your dentist can provide you with a comfortable and easy-to-use option for a more restful sleep. Ask your dentist about a sleep device, today!



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The Process of Testing & What to Expect

1. **Pre-screening** done by your dentist includes: STOP-Bang questionnaire, internal/external oral screening/exam, medical history review.
2. **Finger tip device** recommended by Dentist if they feel you should be tested (associated fee must be paid prior).
3. **Tele-consult** with a certified Nurse Practitioner to determine if 2-night sleep study is needed. If potential risk for sleep apnea is determined, finger tip device will be activated.



4. **Device activated.** This device will detect apnea events (cessation of breath) over 2 nights while you sleep. The device will collect data and will provide an AHI score (Apnea-Hypopnea index score) as well as blood-oxygen levels which will help determine if you will benefit from an oral appliance, a CPAP or both.
5. **Results** will be received via a shared portal, so you, your dental team, NP and/or MD will receive your results.
6. **Treatment** will be prescribed* accordingly by an MD. This will be provided in the form of a prescription for your Dentist to proceed with fabricating an oral sleep appliance. If CPAP is recommended, you will be referred to your primary Physician to order your machine.

The appliance:

This is a carefully titrated guard that moves the lower jaw millimeters forward to create space for your tongue and soft tissues to open and help your breathe properly while sleeping.

For mild to moderate sleep apnea, oral appliance therapy offers many of the same health benefits as a CPAP. By treating your sleep apnea, you reduce your risk of diabetes, stroke, early dementia, cancer and ED issues in men. You may also experience improvement in daytime alertness, mental clarity, focus, and emotional health.

**Actual diagnosis and treatment Rx is done through an MD affiliated with dental sleep medicine, not through your dental provider. Although this process yields a dental appliance, this is a medical test and appliance treating a medical condition and can only be billed through medical insurance. Check your individual insurance as each insurance coverage will differ.*



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