



Snoring and Sleep Apnea

Snoring reportedly affects approximately one third of the population.

It is a result of the airway becoming obstructed by the tongue or soft palate. Snoring can also lead to a more dangerous condition known as Sleep Apnea.

Sleep apnea is a condition in which the patient stops breathing for periods of time during their sleep. It can be life threatening and requires treatment if diagnosed.

The symptoms of sleep apnea include loud snoring, day time tiredness, and feeling unrefreshed upon waking.

If you suffer from any of these symptoms it is a good idea to arrange a sleep study. This can be completed at a sleep clinic or at home using specialised equipment.

Treatment for sleep apnea varies depending on the severity. At 818 Dental we offer patients with mild to moderate sleep apnea an anti snoring appliance created by *Somnomed*.

The lab technicians at *Somnomed* specialise in creating anti-snoring and sleep apnea devices.

For further information contact our team at 818 Dental.