

# Sleep Disordered Breathing

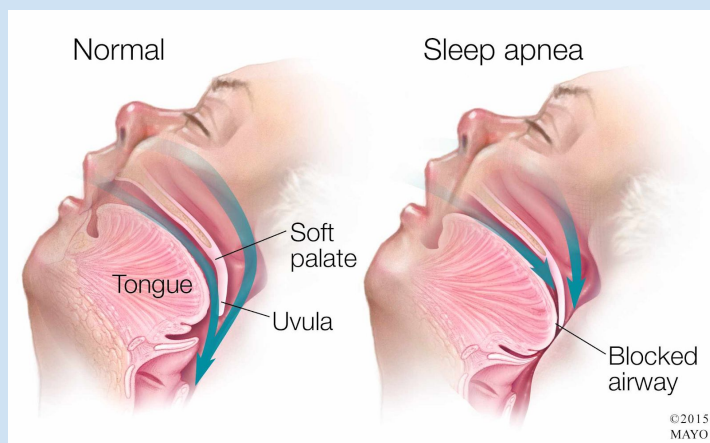
## What is Sleep Disordered Breathing?

Sleep Disordered Breathing is interruptions of breathing during sleep. There are different types of Sleep Disordered Breathing with different levels of severity. If left untreated Sleep Disordered Breathing can cause: *migraines/headaches, weight gain, suppressed immune response, cavities, gingivitis, periodontitis, dry mouth, high blood pressure, cardiac issues (such as AFib), diabetes, anxiety, depression, and more.*

## Types of Disordered Breathing

Sleep Apnea	Collapse of soft tissue and tongue closing airflow during sleep
Upper Airway Resistance	Narrow air passage restricting air flow while sleeping
Obstructive Airway/Snoring	Collapse of soft tissue and tongue

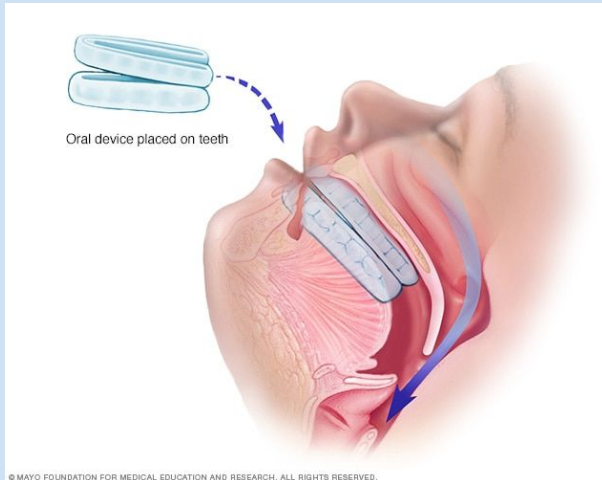
## Signs and Symptoms



- ❖ Snoring
- ❖ Headaches
- ❖ Trouble Concentrating
- ❖ Weight Gain
- ❖ Daytime Tiredness
- ❖ Waking unrested
- ❖ Dry Mouth
- ❖ Irritability
- ❖ Holding breath or gasping for air while sleeping

## Treatment

Treatment varies depending on the type and severity of the disorder. Below are our two most commonly used treatment options.



### Dental Appliance

A custom dental appliance is made specifically for the patient's airway needs. The appliance is worn at night during sleep, preventing the airway from collapsing, keeping the airway open throughout sleep. This appliance may prevent the need for a sleep breathing machine, such as a CPAP or ASV.

### Orofacial Myofunctional Therapy (OMT)

Orofacial Myofunctional Therapy is a series of exercises, taught to the patient, to strengthen their airway. By strengthening the airway it prevents collapse of the airway during sleep. In growing patients it can also help their face grow correctly, limiting the extent of orthodontic treatment needed later. OMT is wonderful adjunct treatment for patients that wear an oral appliance as well!

## Schedule Your Sleep Disordered Breathing Consultation Today!



**2190 Larkspur Lane  
Suite 100  
Redding, CA 96002**

**530-222-1400**