

# Sleep Disordered Breathing

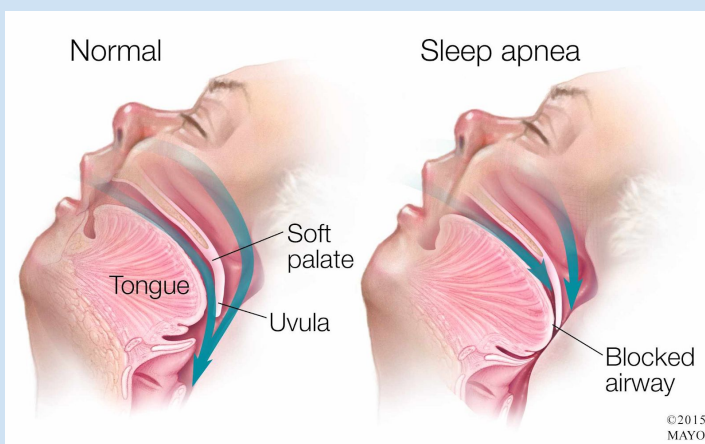
## What is Sleep Disordered Breathing?

Sleep Disordered Breathing is interruptions of breathing during sleep. There are different types of Disordered Breathing with different levels of severity. If left untreated Sleep Disordered Breathing can cause: *migraines, weight gain, suppressed immune response, cavities, gingivitis, periodontitis, high blood pressure, and cardiac issues.*

## 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

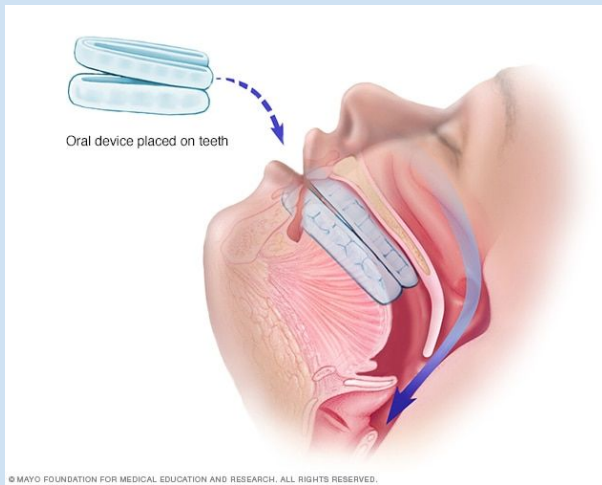
## Signs and Symptoms



- ❖ Snoring
- ❖ Headaches
- ❖ Trouble Concentrating
- ❖ Weight Gain
- ❖ Daytime Tiredness
- ❖ Waking unrested
- ❖ Dry Mouth
- ❖ Irritability
- ❖ Gasping for air

## Treatment

Treatment varies depending on the type and severity of the disorder.



### 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 and keeps the airway open throughout sleep. This appliance may prevent the need for sleep breathing machines, such as CPAP or ASV.

### Orofacial Myofunctional Therapy

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.

**Schedule Your Sleep Disordered Breathing Consultations Today!**



**RACHEL BARNHART**  
D.D.S.

**2190 Larkspur Ln.  
Redding, CA 96002  
(530) 222 - 1400**