

### **Why should I be concerned about snoring and Obstructive Sleep Apnea (OSA)?**

Snoring is the sound of partially obstructed breathing during sleep. While snoring can be harmless, it can also be the sign of a more serious medical condition known as OSA, which occurs when the tongue and soft tissues fall back into the throat during sleep, blocking the airway.

People suffering from OSA can stop breathing for 10 to 30 seconds, sometimes for one minute or longer, hundreds of times a night. Untreated OSA, can contribute to excessive daytime sleepiness as well as an increased risk for high blood pressure, heart attack, stroke, diabetes, obesity and driving accidents.

### **What are my treatment options?**

Once you have been correctly diagnosed, snoring and OSA can be treated with a medical device known as a CPAP (continuous positive airway pressure), with oral appliances, through surgical options, or by a combination of these approaches.

### **What is Oral Appliance Therapy (OAT)?**

OAT involves the selection, design, fitting and use of a specially designed oral appliance that, when worn during sleep, maintains an opened and unobstructed airway in the throat. Oral appliances that treat snoring and obstructive sleep apnea are worn in the mouth, similar to orthodontic retainers or sports mouth-guards. Oral appliances work by:

- Repositioning the lower jaw, tongue, soft palate and uvula
- Stabilizing the lower jaw and tongue
- Increasing the muscle tone of the tongue

### **How can I learn more?**

That's the easy part! Visit the AADSM Web site, [www.aadsm.org](http://www.aadsm.org), to read more and to locate a member in your area that can help you with treatment.

### ***Facts About Snoring:***

- An estimated **30 million**, or 1 in 8 people snore.
  - Approximately **18 million** people suffer from OSA
  - **28 percent** of men over the age of 65 suffer from sleep apnea.
  - Up to **50 percent** of sleep apnea patients have high blood pressure.
  - Risk for heart attack and stroke may also increase in those with sleep apnea.
  - Nearly **60 percent** of Americans suffer from daytime sleepiness, a side effect of sleep apnea.
  - Snoring is improved and often eliminated in almost **100 percent** of patients who use oral appliances.
  - Each year, sleep disorders add an estimated **\$15.9 billion** to the national health care bill.
- \*Facts provided by the National Sleep Foundation, American Sleep Apnea Association and the American Academy of Sleep Medicine.