

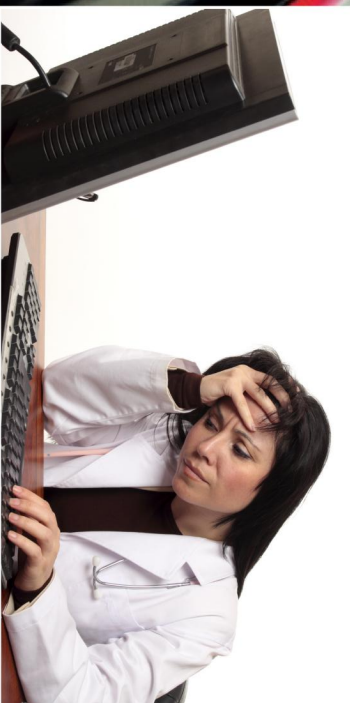
Sleep Apnea. Are you at risk ?

Daytime Drowsiness, Fatigue, Headaches, Grinding your teeth?

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

ACTIVITY	CHANGE OF DOZING				
Sitting and Reading	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 3
Watching Television	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 3
Sitting Inactive in a public place (e.g. a theatre or in a meeting)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 3
As a passenger in a car for an hour without a break	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 3
Lying down to rest in the afternoon when circumstances	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 3
Sitting and talking to someone	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 3
Sitting quietly after lunch without alcohol	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 3
In a car, while stopped for a few minutes in traffic	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 3

Flip this page and learn about your score



Obstructive sleep apnea is a serious chronic condition. When left untreated, it can have a significant negative impact on quality of life, placing unnecessary strain on physical and mental health, relationships between bed partners, family and the work place.

Oral appliance therapy is an effective treatment that fits easily into your lifestyle. It's comfortable, easy to wear, quiet, portable, convenient for travel and easy to care for. It can improve your sleep, restore your alertness and revitalize your health.

Talk to your Dentist or physician and see if oral appliance therapy is right for you.

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For more Information
Please Visit our Website
www.app-nea.com

APP-NEA

Suffer from Snoring
or Obstructive
Sleep Apnea
(OSA)?



Introducing the
MAD FIT™
by
APP-NEA™

Revolutionary Treatment for
Snoring and Obstructive Sleep Apnea(OA)
Provided by Your Dentist

What is Obstructive Sleep Apnea?



Obstructive sleep apnea is a serious and chronic sleep disorder that affects 30 million adults and causes them to stop breathing hundreds of times a night for anywhere from a few seconds to a minute or more at a time. OSA occurs when your muscles in the neck relax during sleep, causing the soft tissues to collapse and block the airway.

Normal airway



Obstructive sleep apnea



As a result, repeated pauses in breathing leads to reduced oxygen levels. These pauses are followed by a brief awakening that disrupts your sleep and breaks the sleep cycle which has to reset itself when you fall back to sleep. Disturbed and unrefreshing sleep over time can be harmful to your health and well being.

- 40-80% of stroke victims also suffer from OSA
- People with OSA are 4 times more likely to have a heart attack

What are the Common Signs of OSA?

Common Signs of Obstructive Sleep Apnea (OSA) include snoring and gasping or choking sounds during sleep. Like snoring, OSA is more common in men, but it can occur in women too, especially during and after menopause. Having excess body weight, environmental allergies, a thick neck, a narrow or misaligned jaw all increase the risk of OSA. Obesity, nasal obstruction, alcohol, sedative medications and smoking all increase the risk of OSA.



How are OSA and Snoring Treated?

Research shows that custom oral appliance therapy is an effective treatment for snoring and sleep apnea. Mandibular advancement device (MAD), are worn in the mouth only while you sleep and fits like a sports or mouth guard or an orthodontic retainer and supports your jaw in a forward position to help maintain an open airway.

Many patients consider a MAD to be more comfortable to use than a CPAP. They are quiet, portable and easy to care for and when used nightly, will help you sleep better, have more energy and feel sharper throughout the day.



Excessive daytime sleepiness is a warning sign of Obstructive Sleep Apnea

Is Treating Sleep Apnea Important?

OSA is a threat to your safety as it increases your risk of drowsy driving and workplace accidents. Treating OSA is incredibly important to your health and happiness.



YOUR SCORE	COMMENTS
0-5	Normal daytime sleepiness MILD RISK
6-10	Moderate daytime sleepiness MODERATE RISK
11-15	Excessive daytime sleepiness HIGH RISK
16-24	Severe daytime sleepiness DANGEROUSLY HIGH RISK

When left untreated, OSA often causes excessive daytime sleepiness or fatigue, as well as morning headaches. Untreated OSA raises your risk for serious health problem which include, high blood pressure, stroke, heart disease, diabetes, chronic acid reflux, memory loss and erectile dysfunction. Besides contributing to memory loss, it's been linked to early onset dementia and Alzheimer's.