

Sleepwell™ is a life changing treatment to stop snoring

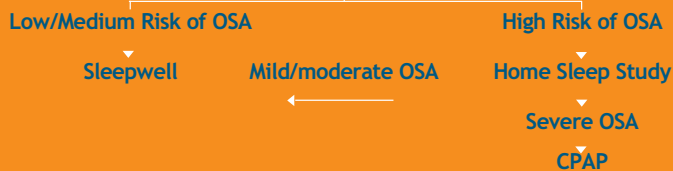


Sleepwell™ Tailor Made for you

Diagnosis & Treatment

In order to ensure that Sleepwell™ treatment is suitable for you we recommend you have a snoring assessment (ask a member of our team for details) or complete an online snoring assessment at www.solutions4snoring.com. This assessment will determine if you are just a snorer or whether you are also likely to have OSA. If the assessment indicates that you have a low or medium risk of OSA then Sleepwell™ should be an appropriate treatment. If the snoring assessment indicates you have a high risk of OSA then we would recommend a Home Sleep Test, which will give a definite diagnosis of whether you have mild, moderate or severe OSA. If you have mild or moderate OSA then Sleepwell™ should be the appropriate treatment however if you have severe OSA then CPAP would be recommended.

Snoring Assessment



Sleepwell™ is a mouth piece which is tailor made for each person and is worn at night. In order for us to tailor make Sleepwell™ you will need to have impressions taken of your teeth. In addition Sleepwell™ has been designed to maximise comfort with a soft inner lining as well as being stream lined making it easy to place into the mouth before going to bed. Whilst sleeping, Sleepwell™ holds the lower jaw forward by as little as 2-3mm. This ensures the airways are free from soft tissue and therefore stops the snoring.

Sleepwell™ is only available from Solutions 4 Snoring trained healthcare providers.

For more information visit www.solutions4snoring.com

The Dental Clinic

snoring

Don't let it ruin your life

Normal price **£550**
Special introductory price **£395**

Medical Insurance usually covers Diagnosis and Treatment of this sleep related breathing disorder

WE CAN HELP YOU

Call to find your nearest clinic on

08702 20 20 20

www.thedentalclinic.com

 Solutions 4 Snoring

www.thedentalclinic.com

What is snoring?

Snoring is caused by a partial closure of your airway during sleep due to a relaxation of the muscles in your neck. The soft tissue then vibrates to cause the sound of snoring.

Why does it happen?

Certain factors increase the chances of being a snorer:-

- **Physiology** - Some of us are more likely to snore due to our physiology.
- **Sex** - Men tend to put on upper body weight and therefore have more soft tissue around the neck. This makes men more prone to snoring.
- **Weight** - If you are overweight then you will have more soft tissue around your neck which increases the chance of snoring.
- **Age** - As we age our muscles become weaker and this can lead to weaker throat muscles.
- **Lifestyle** - Some people snore after drinking alcohol or taking sleeping tablets. This causes additional relaxation of muscles in the neck and throat.

What is Obstructive Sleep Apnoea (OSA)?

Some snorers “Stop Snoring” and also “Stop Breathing” only to “Start Snoring and Breathing” again a few seconds later often accompanied by a choke or gasp or snort - this is an indication the Snorer has OSA. Every time we stop breathing, known as “Apnoea”, our brain instructs our body to partially awaken by releasing adrenalin. Most OSA victims have no memory of this all-night life-and-death struggle for breath. OSA robs it's sufferers of restful sleep leaving them feeling tired, sleepy and exhausted during the day as well as contributing to many other health problems.

Many people including people who drive for a living have OSA and don't realise it. Sleep apnoea is more common in middle aged men (30-65 years), though it can occur in all age groups.



Sleepwell™
helping you get a
good night's sleep

CLINICAL DATA - Sleepwell™ is the most clinically proven mouth piece to prevent snoring and mild to moderate sleep apnoea. Sleepwell™ has well researched clinical data and in scientific trials the appliance was acceptable to 98% of patients.

How is my health & lifestyle affected?

Snoring has an immense impact on the health and quality of life for the snorer, their partner and family. The lack of sleep caused by snoring has wide reaching effects such as:-

- daytime sleepiness
- poor motivation
- higher stress levels
- lack of energy
- driving while tired
- less effectiveness at work

In addition snoring and especially OSA contribute to other serious health and lifestyle issues.

Increased Blood Pressure / Hypertension

When the snorer stops breathing there is a reduction of oxygen in the blood. The brain detects this shortage and ensures adrenalin is released hence causing a partial awakening. This causes the blood pressure to rise when it should be low.

Increased Risk of Diabetes

OSA has been independently associated with insulin resistance especially in middle aged and overweight men.

Cardiovascular Disease

OSA has been associated with cardiovascular disease.

Headaches

Snorers and their partners are more prone to headaches on awakening in the morning.

Relationship Issues

Many snorers sleep in different rooms to their partner. Snoring causes arguments and is said to be the third most common reason for couples separating.

Sex Drive

It is well understood that the sex drive of both the snorer and their partner may be reduced by the lack of energy due to interrupted sleep.