

Snoring Is Not A Solo Sport!

Do you suffer from second-hand snoring? Sleeping with someone who snores may not only be annoying, but it may also be detrimental to your physical and emotional health.

Research at the Mayo Clinic shows that people who sleep next to a snorer often suffer from:

- A high incidence of aches and pains
- Hearing loss, especially in the ear most exposed to the snoring,
- Fibromyalgia
- Depression or poor mental health
- Memory impairment
- Repressed anger, resentment toward their sleeping partner

Both partners may be suffering from sleep disordered breathing, also known as OSA or Obstructive Sleep Apnea, although only one may acknowledge the problem...you! Often those who snore do not take complaints from their bed partner seriously or deny the problem entirely.

Sleep Apnea is a life-threatening condition. Heart attacks, strokes, high blood pressure, heartburn, impotence, morning headaches, and chronic daytime sleepiness are common symptoms of this severely under diagnosed condition. According to the AAA, it is responsible for more traffic accidents each year than drunk driving. Thought to be primarily a male affliction, by the onset of menopause the ratio of women to men dramatically increases from one in three to fifty-fifty, attributed to hormonal changes of fat deposition to the neck and stomach instead of the hips and thighs.



Michael C. McVicker, D.D.S.,
Director of the Center for Dental
Sleep Medicine

The good news: advanced technology for screening and treatment of OSA can now be performed in the comfort and privacy of ones own bed-



Good sleep is not only necessary to maintain physical health, but also directly affects your emotional health and the quality of your relationship.

room. In addition to traditional in-lab studies, medically supervised sleep studies can be remotely monitored over the telephone lines and eventually the internet. "Getting a good night's sleep is a basic requirement for performing at your best," says Jeff Miller, CEO for the Sleep Disorders Center in Perrysburg, Ohio. "Most people with sleep apnea aren't aware of the problem, and even those medically diagnosed with the problem often do not seek treatment. This can be a very dangerous condition, and we'd like the patient to be as informed as possible and know that help is available."

The untimely death of 43 year old NFL Hall-of-Famer Reggie White has been linked to sleep apnea. His wife, Sarah, has become the national spokesperson for DOSA, the Dental Organization for Sleep Apnea. "Many people, like Reggie White, have difficulty wearing the traditional treatment for apnea, the Continuous Positive Air Pressure mask, or CPAP", says Dr. Michael McVicker, director of the Center for Dental Sleep Medicine in Toledo, Ohio. A cutting-edge technology called Doppler Acoustic Imaging allows specially trained dentists to create a dental appliance specifically designed to be worn at bedtime to open the airway and allow natural, comfortable breathing. It is very well tolerated and our success rate is over 90%.

Another benefit from therapy is that it is not uncommon for women to shed up to twenty pounds within the first year, most likely due to higher energy levels and activity"

The American Academy of Sleep Medicine and the FDA now recommend oral appliance therapy as the preferred treatment for mild to moderate apnea. The result: a quiet, healthy night's sleep for both partners and happier relationships!

Dr. McVicker is a founding member of the Dental Organization for Sleep Apnea and a member of the American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine.

You can schedule a screening appointment at the **Center for Dental Sleep Medicine** by calling 419-474-5955 or by visiting their website at www.ExceptionalSleep.net



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