

## **SLEEP MEDICINE**

Snoring is an extremely common challenge, not only for the snorer, but also for those who have to sleep in the same environment. Roughly 40-50% of people snore, and snoring results when normal breathing is altered - as the tongue and other soft tissues partially close off the airway. There are multiple antisnoring devices available, including CPAP, weight loss, nasal sprays and oral appliances. Oral appliances can be successful in reducing or eliminating snoring; however, these appliances can mask the much more dangerous sleep apnea – pauses in breathing which can last from ten seconds to several minutes. It is important to have a sleep study performed and diagnosed by a sleep physician prior to using an antisnoring device.

Please visit our website to find out more at [www.onealdds.com](http://www.onealdds.com).

Don't hesitate to ask us questions about your specific situation and getting a better night's sleep.

Adapted by a 2013 article written by Dr. Gordon Christensen