

Obstructive sleep apnoea

Obstructive sleep apnoea (OSA) affects how you breathe while you're sleeping. For those with OSA, the airway from the mouth to the lungs collapses while they're sleeping. This often results in snoring, choking or gasping through the night.



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OSA can lead to restless or disrupted sleep, which can have a big impact on your health and wellbeing. People with OSA have an increased risk of heart problems, car accidents, work accidents and take more sick days compared to people without OSA.

Do you have obstructive sleep apnoea (OSA)?

The majority of people who have the condition may not even be aware of it. Many consider it a harmless snoring problem that can't be helped. However, your snoring problem may be more than just an occasional nuisance. Speak to us if you think you may be experiencing symptoms of OSA.

Why is treating OSA important?

Sleep apnoea can lead to restless or disruptive sleep, which can cause drowsiness and a lack of concentration during the daytime.

This can cause serious health issues. Untreated sleep apnoea can lead to a variety of medical and lifestyle problems, including an increased risk of heart problems, car accidents, work accidents and more sick days at work compared to people without OSA.

How can your dentist help?

The solution to treating your OSA could be as simple as the creation and fitting of a customised dental oral appliance. For example, Sound Sleeper appliances use the latest technology to offer a highly effective, discreet and travel-friendly treatment option that allows you to talk and open/close your mouth.



OSA affects approximately 5% of the population in a moderate to severe capacity and in a mild form.* Despite this, the causes and symptoms are often ignored or neglected...

Made from high-quality acrylic materials, the clinically-tested dental device is considered safe and comfortable to wear, and may help improve breathing and sleep in people with OSA.

If you snore when you sleep, this may or may not be a symptom of OSA. It's estimated about 1 in 4 of us snore, increasing to almost 50-60 per cent of people aged 40-59.^

Speak with your health insurer to find out whether your insurance covers you for sleep apnoea treatment.

**Deloitte Access Economics for Sleep Health Foundation. Re-awakening Australia: The economic cost of sleep disorders in Australia, 2010 [Online] Oct 2011 [Last accessed Sept 2016] Available from: www.sleephealthfoundation.org.au*

^Davey M.J. Epidemiological study of snoring from a random survey of 1075 participants [Online, last accessed Sept 2016] Available from: www.britishsnoring.co.uk