



Treat Sleep Apnea with Oral Appliance Therapy at New Smiles!

If you snore loudly while you sleep, you and your partner may think it's just an annoyance. But loud snoring can be a warning sign of sleep apnea, where your breathing is interrupted while sleeping—perhaps hundreds of times a night! Other common symptoms include waking up with a very dry throat; waking up with a gasping sensation; or recurrent wakings or exhaustion.

You may be unaware that you have sleep apnea, especially since many people simply fall back asleep once they've been jolted awake. But if untreated, sleep apnea can increase your risk of diabetes, cardiovascular disorders and stroke—not to mention that nonstop exhaustion can seriously affect your quality of life.

The remedy may be as simple as coaching yourself to sleep on your side. But treatment for more serious cases may include the use of continuous positive airway pressure, or CPAP, treatment throughout the night. Another treatment is oral appliance therapy, or OAT. At New Smiles, we build you a custom oral device that will instantly keep your throat structure from interfering with your airflow and help you get a good night's sleep.

If you suspect that you have this common disorder, we urge you to seek a diagnosis from your doctor. At New Smiles, we work with medical professionals to help find the most effective treatment for you—whether that's removing the tonsils, a CPAP machine, or a simple, effective oral appliance. Call New Smiles at 503-925-9595 to schedule an appointment today!



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