

Sleep Awareness Week



Is your sleep quality affecting your overall health? As part of Sleep Awareness Week, we are here to help you unlock the secrets to a restful night's sleep through a home sleep screenings! Ask us how you can get started!



Why Dental Screenings for Sleep?

Learn how your oral health impacts the quality of your sleep.



Early Detection for Better Sleep:

Identify potential issues before they disrupt your peaceful nights.



Personalized Recommendations:

Receive tailored advice for improved sleep hygiene.

Do you or anyone you love suffer from one or more of these conditions?

If so, we be able to help determine the root cause. Ask us for more information on how to get started with a Home Sleep Screening!

- ADD/ADHD
- Enuresis (Bed Wetting)
- Difficulty in School
- Mouth Breathing
- Snoring
- Restless Sleep
- Delayed/Stunted Growth
- Nightmares
- Low IQ
- Chronic Allergies
- Crowded/Crooked Teeth
- Dark Circles Under Eyes
- Swollen Tonsils/Adenoids
- Daytime Drowsiness
- Depression
- Anxiety
- Fibromyalgia
- Obesity
- Hypertension
- Aggressive Behavior
- Bruxism
- Cardiovascular Disease
- Alzheimer's
- Opioid Addiction
- Diabetes
- Dementia

Obstructive sleep apnea (OSA) affects around one billion adults worldwide, with 80-90% of cases going undiagnosed.

Santilli M, Manciocchi E, D'Addazio G, Di Maria E, D'Attilio M, Femminella B, Sinjari B. Prevalence of Obstructive Sleep Apnea Syndrome: A Single-Center Retrospective Study. *Int J Environ Res Public Health*. 2021 Sep 29;18(19):10277.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8508429/>