

## Do you think you may suffer from sleep apnea?

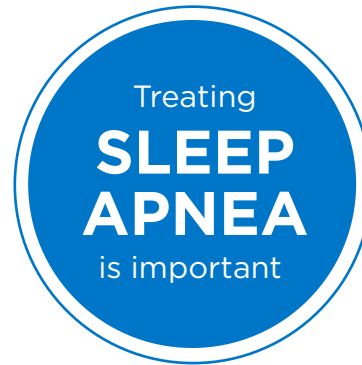
Most sleep apnea sufferers don't recognize that they have the problem since many of the symptoms happen during sleep. Why not ask your partner about how you slept last night?

Answer these questions to find out if you are at risk.

Sleep Apnea Questionnaire	
Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?	YES NO
Do you often feel tired, fatigued, or sleepy during the day?	YES NO
Has anyone ever told you that you stop breathing or gasp during sleep?	YES NO
Have you had, or are you currently being treated for, high blood pressure?	YES NO
Is your neck size greater than 17" (male) and 16" (female)?"	YES NO

Talk to your Dentist, if you answered **YES** to 2 or more of these questions.

**Your health is important to us!**



Ask if oral appliance therapy might be the right solution for you.

With your Dentist's help, you can live a healthier, more productive life through better sleep!



[www.zephyrsleep.com](http://www.zephyrsleep.com)  
[www.dentsplysirona.com](http://www.dentsplysirona.com)  
[www.sicat.com](http://www.sicat.com)

MATP-020/V1



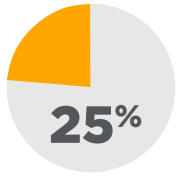
## Better Sleep

Imagine a better you,  
a better life.

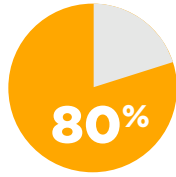
Learn about sleep apnea and how your Dentist can help with treatment.



## Sleep Apnea: a Public Health Crisis



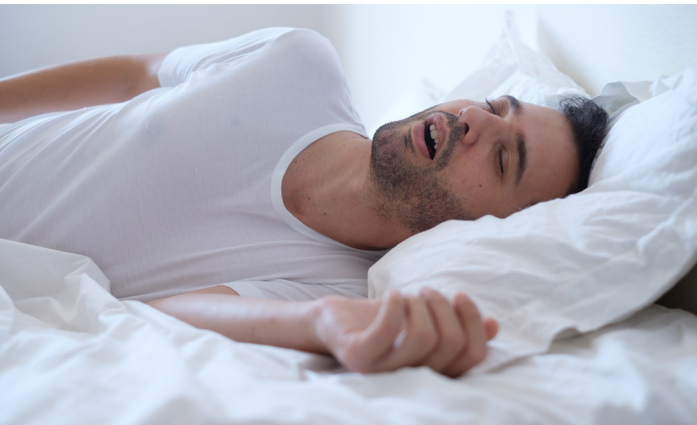
of adults have sleep apnea



are undiagnosed

### Sleep apnea is more than just snoring

While asleep, people with sleep apnea stop breathing for short periods of time. These pauses in breathing may occur a few times a night, or in more severe cases, several hundred times a night.



### What causes sleep apnea?

During sleep, when your muscles relax, the soft tissues in the back of your throat can collapse and block your airway. When this happens, you may snore loudly or make choking noises as you try to breathe. You may wake up frequently due to a lack of oxygen, which will affect the quality of your sleep and can have negative health consequences.



### Is treating sleep apnea important?

Yes, sleep apnea sufferers are at a higher risk of:

- Excessive daytime sleepiness
- High blood pressure
- Heart attack
- Stroke
- Diabetes
- Decreased sex drive
- Driving and work-related accidents

### How can sleep apnea be treated?

A popular and effective treatment for sleep apnea is the use of a custom-fitted oral appliance.

Worn only during sleep, an oral appliance fits like a sports mouth guard. It supports your jaw in a forward position to help maintain an open airway.

Oral appliance therapy can help you feel like a new person - you will sleep better, have more energy and improve your health. Your partner will sleep better, too!

### Benefits of Oral Appliance Therapy

- Comfortable, easy to wear
- Convenient for travel
- Easy to care for
- Quiet
- Discreet



Talk to your Dentist to find out if you are a candidate for oral appliance therapy.

**It could be life changing!**