



Sleep Disorders

There are a wide range of sleep disorders from Insomnia to Sleep Apnea and snoring. Our team has training to help determine what the source of your sleep troubles may be.

We offer a number of treatments and Oral Appliances that can be used to treat sleep disorders. Oral appliances are worn in the mouth to treat snoring and other sleep disorders. These devices are similar to orthodontic retainers or sports mouth guards. Oral Appliance Therapy involves the selection, design, fitting and use of a custom designed oral appliance that is worn during sleep. This appliance then attempts to maintain an opened, unobstructed airway in the throat.

There are many different oral appliances available. Approximately 40 appliances have been approved through the FDA for treatment of snoring and/or sleep apnea. Oral appliances may be used alone or in combination with other means of treating sleep disorders. These means include general health, weight management, or surgery. Oral appliances work in several ways:

- Repositioning the lower jaw, tongue, soft palate and uvula
- Stabilizing the lower jaw and tongue
- Increasing the muscle tone of the tongue

We are familiar with the various designs of appliances and can determine which one is best suited for your specific needs. We often work in collaboration with your family physician as part of the medical team in your diagnosis, treatment and ongoing care. Initiation of oral appliance therapy can take from several weeks to several months to complete.

Please contact us for more information and to schedule a consultation.