

APNEA SYMPTOMS



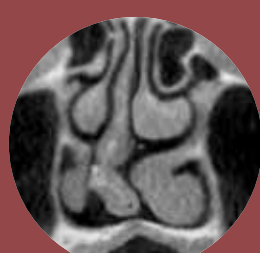
Loud snoring



Scalloped tongue



Morning headaches



Blocked nose with deviated septum



Worn or fractured teeth



Daytime sleepiness



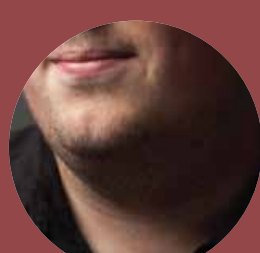
Memory loss



Frequent irritability



Small airway



Neck larger than 17" for men or 16" for women



In the waiting room? Scan the code with your mobile phone and download more information right now.

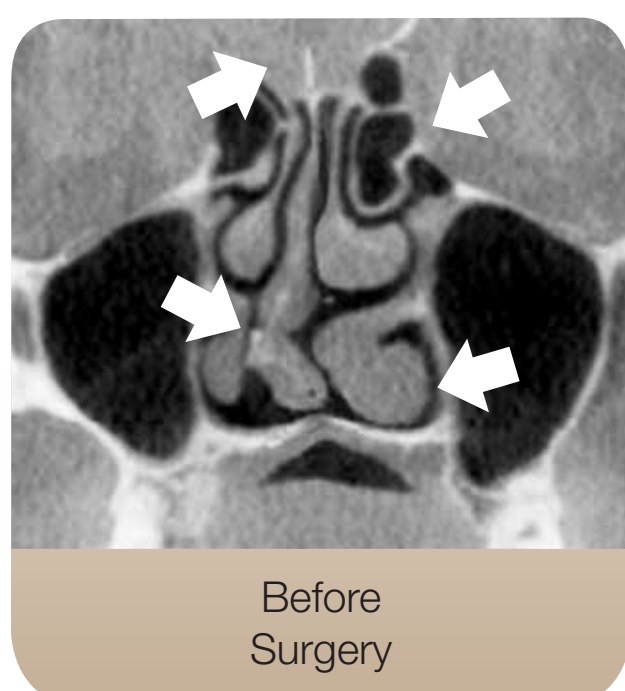
NASAL BREATHING IMPROVES SNORING AND SLEEP APNEA

Snoring is an alarm telling you something is wrong with your breathing

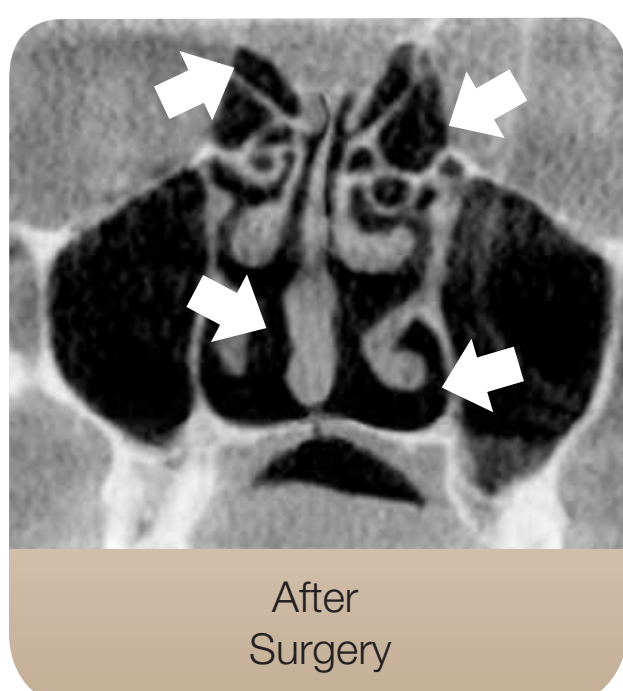
Your snoring or apnea may be linked to:

- Stroke
- Depression
- ADHD in children
- Bedwetting in children
- Heart attack
- Type 2 diabetes
- High blood pressure
- Erectile dysfunction

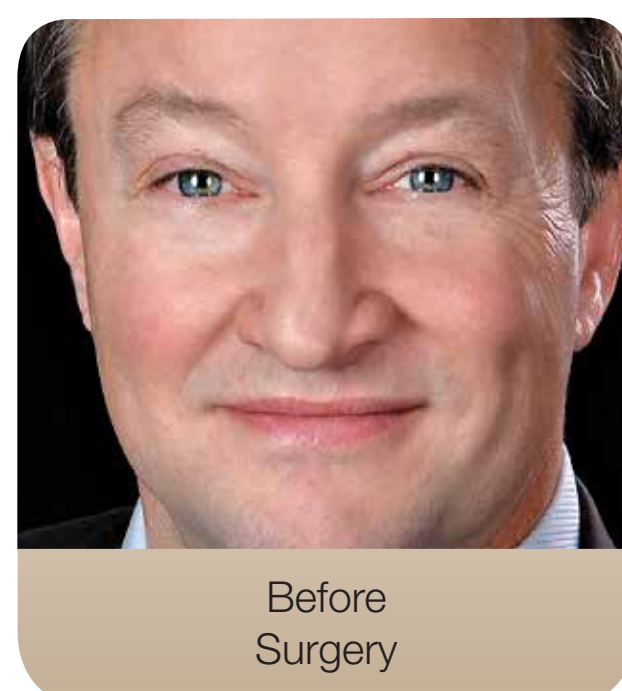
Nasal Surgery, Oral Appliance Therapy, CPAP



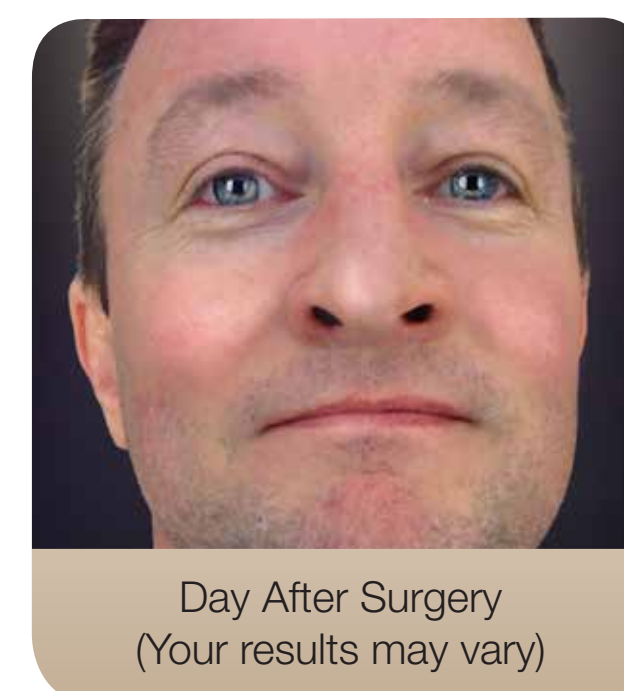
Before Surgery



After Surgery

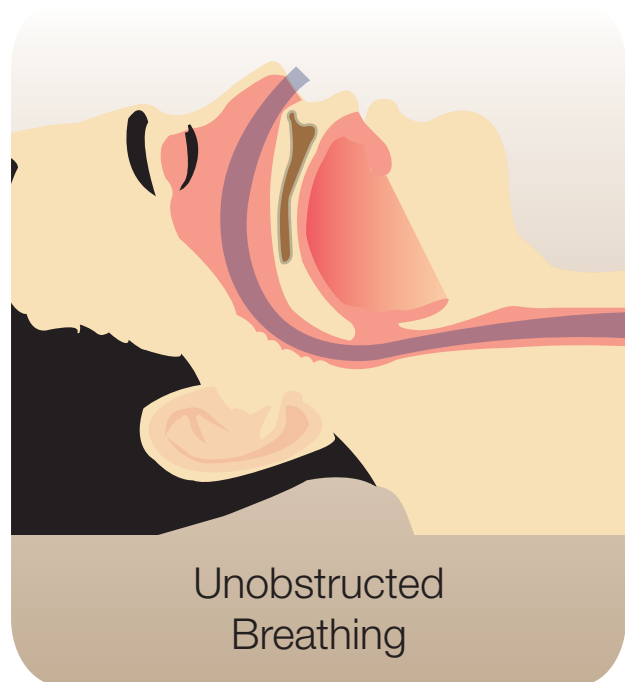


Before Surgery

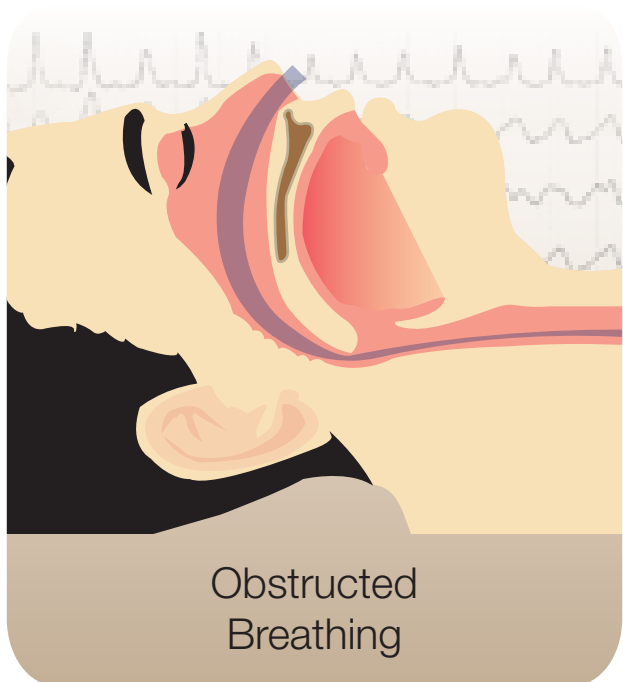


Day After Surgery (Your results may vary)

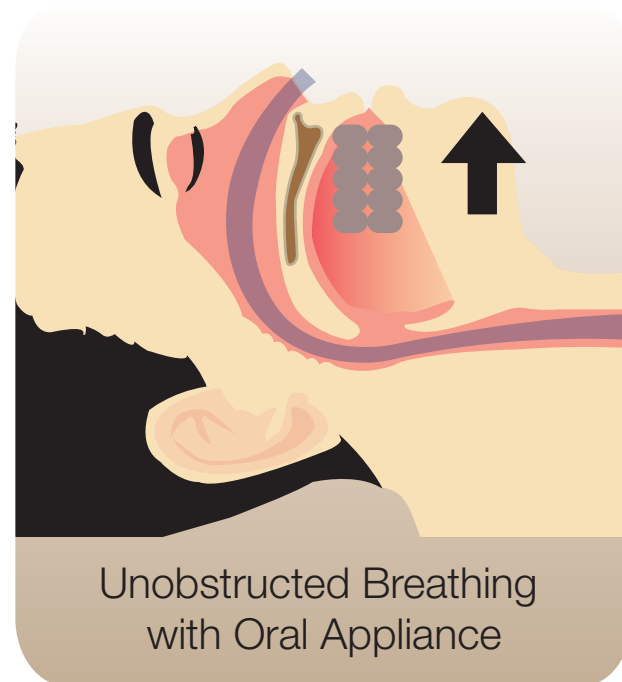
Breathing through an open nose is the start of all successful treatment.



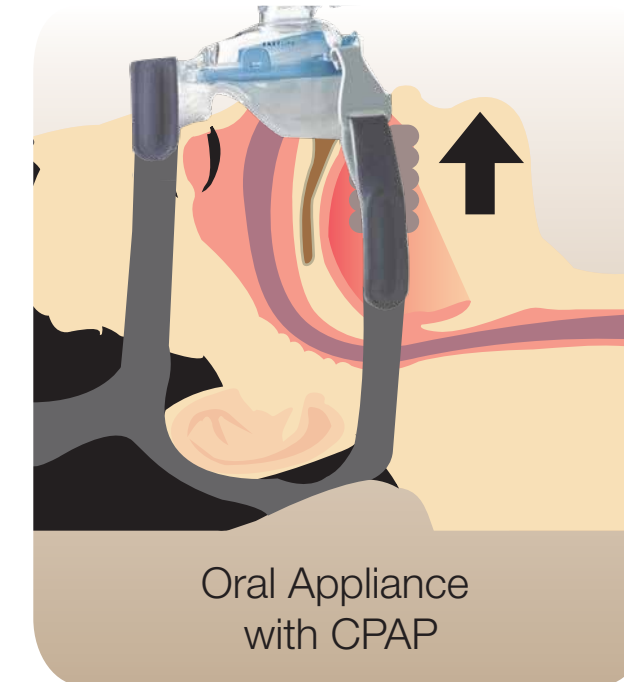
Unobstructed Breathing



Obstructed Breathing



Unobstructed Breathing with Oral Appliance



Oral Appliance with CPAP

- Oral appliances help you breathe easier by holding your jaw forward and preventing your tongue from falling backwards and blocking your airway while you sleep.
- They come in a variety of shapes and sizes customizable to fit you perfectly.
- Oral appliances are the number one alternative to CPAP therapy and may be combined with CPAP.

Ask your sleep doctor or physician if a home sleep test is right for you.

30% of loud snorers may have sleep apnea.

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