

Health & Medicine

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Photo: 911 Photo Graphics

If you answered yes more than twice to the quiz below, you may benefit from discussing your sleep problems with your healthcare professional. More than 100 million Americans of all ages fail to get a good night's sleep on a regular basis. There are roughly 84 disorders which impact sleeping and waking and these can lower quality of life significantly.

One such disorder, Obstructive Sleep Apnea, (OSA) is a medical disorder associated with snoring. Left untreated it can have a significant effect on a person's sleep and overall health. Individuals with OSA breathe abnormally at night because of their anatomy and how their throat muscles function. As the muscles relax the throat becomes more narrow and it keeps the air from passing in and out of the chest. This lack of breath (apnea) is brief and may happen hundreds of times a night. Most people with OSA have no idea it's occurring. Treatment options include: Continuous Positive Air Pressure (CPAP), Oral Appliance Therapy (OAT) and surgery.

Our prosthodontic practice works closely with a team of sleep specialists to offer treatment options for patients who snore and for those with OSA. For more information, please call our office at (717)509-7111 or visit our website at: www.CantwellDental.com.

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SLEEP QUIZ

- My snoring disturbs my family.
- I fall asleep watching television or riding in the car.
- I usually wake up still feeling tired in the morning.
- My family has heard pauses in my breathing.
- I sometimes wake up gasping for breath.
- I wake up very early and can't go back to sleep.
- I sleep in a separate room because of my snoring.
- I get very irritable because of lack of sleep.