

At CT Sleep Center, we provide comprehensive airway screenings and work collaboratively with sleep physicians to provide you with the best treatment to manage your sleep disorder.

## TREATMENT OPTIONS

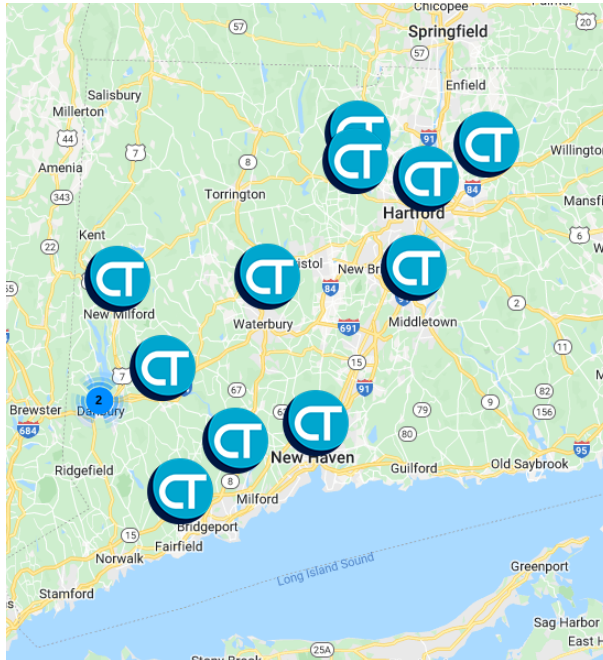
### Oral Appliances

- An effective treatment option for cases of mild to moderate obstructive sleep apnea. If appropriate, our doctors will treat your obstructive sleep apnea (OSA) with a custom oral appliance. Oral appliance therapy is designed to reposition the lower jaw and tongue forward, helping to maintain an open airway.

### CPAP

- Continuous Positive Airway Pressure treatment delivers a constant and steady air pressure to help prevent soft tissues from blocking the airway.

## FIND A LOCATION



CT Sleep center is here to help you function on full and enjoy life with those you love. We are here to provide you with a comfortable treatment option to manage obstructive sleep apnea. Leading patient's to a healthier lifestyle, one good night of sleep at a time.



www.ctsleepcenter.com  
1-877-SLEEP58

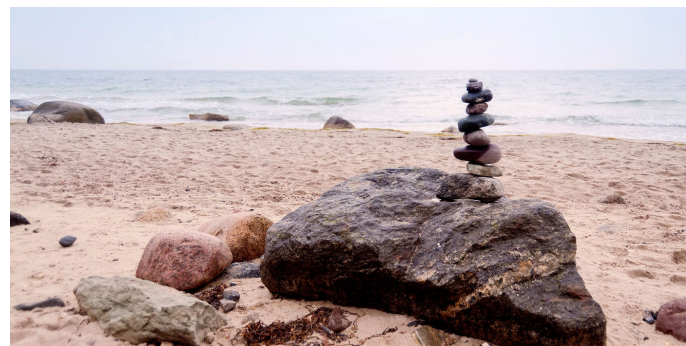
# Do you have Sleep Apnea?

Talk to your dentist about snoring.



**DENTAL ASSOCIATES**  
OF CONNECTICUT   
*Where Our Family Cares for Yours*

# SLEEP IS ESSENTIAL FOR THE MAINTENANCE AND REJUVENATION OF YOUR BODY AND MIND.



During sleep, we recharge so we are able to function on full. How would a night of fragmented sleep leave you functioning?

What most people don't realize is the impact sleep has on our overall health—chronic health issues, mood, weight control, pain management, sex drive, memory, and focus.

At CT Sleep Center, our doctors will provide you with a non-invasive treatment option to manage your sleep apnea. Our highly skilled doctors will provide a thorough assessment along with a personalized treatment plan.

## What is Obstructive Sleep Apnea?

Obstructive sleep apnea (OSA) is when your throat muscles temporarily relax. When this happens, your airway is narrowed or blocked during sleep, and breathing ceases momentarily.

Because of this, your sleep becomes severely fragmented leaving you with insufficient quality of sleep. To gain control in your throat and to reopen the airway, you wake up. This may not be something you remember in the morning which is why you might be wondering why you are so fatigued.

OSA plays a deleterious role on your overall health, including physiological and psychological distress.

## SIGNS AND SYMPTOMS

Snoring  
Unrefreshed sleep  
Witnessed Apneas  
Daytime Sleepiness  
Morning headaches  
Frequent Waking to Urinate  
Increased neck circumference  
Waking with Dry Mouth  
Anxiety and Depression  
Impaired concentration  
Impaired memory  
Esophageal reflux  
Bruxism  
Insomnia

