

What is Sleep Apnea?

Obstructive Sleep Apnea is a serious sleep disorder where your breathing repeatedly stops and starts. This occurs when the muscles in the back of your throat relax and your airway narrows or closes as you breathe in. This is followed by a snort, choke or gasp, as the brain is telling the body to wake up and reopen the airways.

This can happen 30 or more times an hour preventing you from getting a night of restful, deep sleep.

Effects of Sleep Apnea



EYES

Sleep Apnea can decrease oxygen levels which can damage the nerve that links the eyes to the brain.



LUNGS

Sleep Apnea raises blood pressure in the lungs and can cause breathing problems.



BLOOD SUGAR

Lack of oxygen caused by Sleep Apnea makes it harder for the body to use insulin to keep blood sugar in check.



BRAIN

Sleep Apnea is linked to brain damage that causes memory loss and thinking problems.



WEIGHT

People with Sleep Apnea are more likely to have slower metabolisms and be obese.



HEART

Sleep Apnea stresses out the heart and can damage blood vessels, elevating the risk of a heart attack.

If you're experiencing these symptoms and are ready to enjoy better health, Dr. Storm can help! We have several non-invasive treatment options including alternative options for those who can't wear a CPAP mask.

"As someone who has personally suffered from Sleep Apnea, I help my patients find real solutions because I've experienced the benefits of what dental devices can do first-hand."

Picking a Sleep Apnea doctor is a challenge.

If you think you might have Sleep Apnea, there are a wide variety of medical specialists you can consult. However, people are increasingly turning to dentists for help as they understand the inner-workings of the mouth, tongue, and jaw and the way this complicated system interacts.

Hate your CPAP?

While the industry standard treatment for Sleep Apnea has been CPAP therapy, we offer innovative alternatives that are far less invasive and often more effective. If you can't wear a CPAP mask or are simply sick of sleeping with a CPAP machine and dealing with the problems and annoyances that come with it, we can help determine which alternative therapy option fits your health needs and lifestyle.



Dental devices offer a wide range of innovative Sleep Apnea solutions.

We offer a wide range of dental devices that are designed to treat Sleep Apnea in a more convenient and travel-friendly way. These dental devices usually resemble a retainer, or mouthguards, or the sort of insert designed to keep you from grinding your teeth. Another great aspect of these devices is that many can be worn with a CPAP, allowing the pressure on a CPAP machine to be set at a more comfortable level.

Schedule your consultation and let me and my team help you get better sleep and enjoy better health!



Signs of Sleep Apnea

Are you experiencing any of these symptoms?

- ☐ Daytime fatigue
- ☐ Loud snoring
- ☐ Morning headache
- ☐ Difficulty staying asleep
- ☐ Difficulty paying attention
- ☐ Gasping for air during sleep
- ☐ Excessive irritability
- ☐ Waking with a dry mouth

If you have checked more than one, you may need to be tested for sleep apnea.

Each case and condition varies, but Dr. Julie Storm can help offer non-invasive solutions to improve this condition and reduce your risk of serious health complications.



Is it snoring or is it **Sleep Apnea?**

A dental device could help with both.



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Visit tvfdentistry.com/sleep-apnea to learn more

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