

Dental sleep medicine

104 Piper Street
Bathurst NSW 2795

Telephone 6331 3364

info@bowmandental.com.au

www.bowmandental.com.au

Bowman
D E N T A L



Normal airway



Snoring



Obstructed
sleep apnoea

What is Dental Sleep Medicine?

Dental Sleep Medicine looks at the relationship between jaw position and the airway during sleep, which may result in sleep disordered breathing. Sleep disordered breathing increases the risk of high blood pressure, heart disease, diabetes and stroke among other conditions.

When the airway narrows or closes during obstructive sleep apnoea, oxygen levels in the blood can drop, triggering a stress response in the body similar to the 'fight or flight' mechanism. The effect on sleep may be restlessness, tossing and turning, snoring, or clenching and grinding of teeth.

Our dental team aims to identify signs of sleep disordered breathing, and from there i) screen for more information and ii) facilitate effective management of the condition.

Careful management of sleep disordered breathing can improve your quality of sleep and your overall general health. It will also protect your teeth from damage and reduce headaches triggered by clenching.

What is involved in the screening process?

A small palm-sized recording device is worn during sleep, generally for one night. The recording device is attached to a light-weight respiratory effort belt placed around the chest. A pulse-oximeter (pulse reader) is placed on one finger and a small breathing tube (cannula) is placed into the nostrils to record airflow fluctuations. Results from the Medibyte Jr™ software are then interpreted by our dental team, leading to i) your referral to a General Practitioner (GP) for further investigation and diagnosis, and/or ii) incorporation of the information into your general dental treatment plan with Bowman Dental.



SomnoDent®
Classic
mouthguard



How can sleep disordered breathing be managed?

Sleep disordered breathing may, where appropriate, be managed as part of a general dental treatment plan. Therapy may involve the provision of a customised airway supporting appliance, which looks like a firm double mouthguard like the SomnoDent® Classic shown above. This appliance serves to bring the jaw down and forward to a comfortable position, determined with the assistance of a Transcutaneous Electrical Neuro Stimulation (TENS) machine.

Does it hurt?

There is no pain associated with either the screening process or the TENS machine. There is a period of adjustment to the new posture from the airway supporting appliance. Some treatment side effects may occur, including a change in the way your teeth fit together.

How long does it take?

The screening process generally occurs over one night. Should your results require attention through your dental treatment plan, the timeframe and level of success will depend on your commitment to improving your sleep quality and your body's response to treatment.

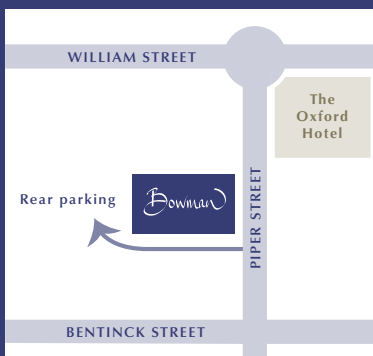


This card is designed purely as an introduction to dental sleep medicine. It is not intended to replace advice from a dental professional.

If you have any questions please feel free to talk to us in person.

We also have pamphlets containing more detailed information on this subject.

Kathy & team



Information courtesy of Australian Dental Association Inc. and SomnoMed®. Images and graphics courtesy of SomnoMed®.