



During your oral cancer and airway screening today, we discovered that you are at a higher risk for sleep disordered breathing including snoring and sleep apnea simply from how you are built. There's not much space between your tongue and the rest of your mouth when you're awake, and sometimes that closes off even more when you fall asleep.

Breathing is essential to life, and sometimes sleep quality is sacrificed in order to ensure that you can take your next breath. Sleep is also important, and constant arousals throughout the night can lead to detrimental health effects over time. Breathing and sleep were never meant to compete, and at Inspired Dental Wellness we would like to help you do both! This is a big conversation to open and not everyone is ready to have it. If you would like to learn more, we would love to help you on this journey!

Sleep Disordered Breathing Signs & Symptoms:

- **Snoring** (a sign there is a kink in the hose and air flow is being obstructed – we cannot tell the difference between just noise and struggling to breathe without a sleep test, AND... someone can have sleep apnea even without ever snoring!)
- **Restless Sleeping** (tangled sheets, tossing and turning, waking up periodically)
- **Bruxism** (teeth clenching/grinding can be a sign that the body is trying to open up the airway to be able to breathe... almost like doing CPR and the teeth get in the way – the body is smart!)
- **GERD** (increased effort to breathe when the airway is obstructed can push acid up and we may notice the erosion or wear from acid dissolving the teeth)
- **Anxiety/Depression** (without restful sleep, how can you feel resilient?)
- **Memory Problems**
- **Headaches** (especially waking up with them)
- **A-fib**
- **Insulin Resistance**
- **Irritability**
- **Large Tonsils** (could be related to everything during the day or night for the tonsils work overtime to filter the air we breathe, and get larger doing it, but as they get bigger, they can block off the airway)
- **Hypertension** (high blood pressure)
- **Higher Stroke Risk**