

*Improving your and
your partner's
quality of life.*



COSMETICS / IMPLANTS / ORTHODONTICS

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EXCELLENCE IN DENTISTRY

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KEEP
CALM

YOU'RE AT

elleven
DENTAL WELLNESS

*Snoring and
Day Time Sleepiness*

Retention

Dr Shivani Patel heads the Snoring/Sleep Clinic at Elleven and as part of her Masters qualification; she was awarded the European Orthodontic Society prestigious William Houston Award for research in Sleep Apnoea.

What is snoring?

Snoring is caused by partial closure of your airway during sleep due to the relaxation of the muscles in your neck. The soft tissues then vibrate to cause the sound of snoring.

Why does it happen?

Certain factors increase the chances of snoring such as:

- Physiology- Anatomical nature of our airways
- Sex- Men tend to put on upper body weight and therefore have more fat and soft tissue around the neck area
- Weight- If you are overweight then the amount of soft tissue around your neck increases
- Age- As we get older the muscles in our throat get weaker
- Lifestyle- Some people snore after drinking alcohol and taking sedatives.

What is Obstructive Sleep Apnoea (OSA)?

Some snorers "STOP" snoring and breathing for a few seconds and then this is followed by a gasp of air and/or snorting and choking. This can happen several times in the night. Every time we stop breathing (this is known as Apnoea) our bodies get starved off oxygen. Most OSA victims have no memory of this night time breathing struggle. OSA sufferers do not have restful sleep and are often affected by daytime sleepiness and other health problems.



How does OSA affect your lifestyle and health?

The lack of sleep can cause:

- Daytime sleepiness
- Poor motivation
- High stress levels
- Lack of energy and less effectiveness at work

In addition OSA can also affect your health by:

- Increasing blood pressure
- Increasing the risk of diabetes and cardiovascular disease
- Poor relationships with your partner

What can we do to help at Elleven?

A comprehensive questionnaire will be completed along with a thorough clinical examination. From this the clinician would determine whether you suffer from 'simple snoring' or OSA. If you suffer from OSA you will be referred onto a 'Sleep Study' clinic where the diagnosis would be confirmed.

However if you suffer from 'simple snoring' you will be offered the option of having a customized Mandibular Advancement splint to be made. This is a removable intraoral device, which has been clinically proven to stop snoring and alleviate the symptoms of OSA whilst it is worn at night.

We would take moulds for this appliance to be sent to the laboratory to be constructed and fitted after a couple of weeks.

Please contact the practice if you would like to arrange a consultation in regards to snoring and day time sleepiness on 020 7487 2711.