

RAISING AWARENESS FOR

NATIONAL STOP SNORING WEEK

22nd - 28th April 2019

WITH SOMNOWELL, THE WORLDS LEADING ORAL APPLIANCE

80%
O.S.A.
**Not yet
Diagnosed**


**Stress on
relationships**

**Life expectancy
reduction**

20%

THE PROBLEM

We all know how it feels if we have not had a good night's sleep. We feel tired and sleepy all day, bad tempered, lacking concentration, and generally irritable. The cause of this could be that you are snoring very loudly, or you may be suffering from sleep apnoea. This will not only have a detrimental effect on your general health but also affects your sleeping partner.

What is snoring?

The airway at the rear of the throat behind the tongue becomes smaller in some people when they sleep. This may be due to an increase in fatty tissue, the effect of gravity when lying on your back, a loss of muscle tone, relaxation of the muscles, lower jaw and tongue dropping back, or due to the shape and size of the lower jaw and tongue. The reduced airway means the air travels faster through the airway when we breathe, this causes the relaxed soft tissues in the throat to vibrate which results in the snoring noise.

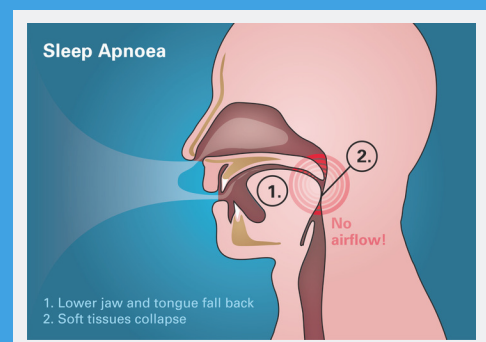
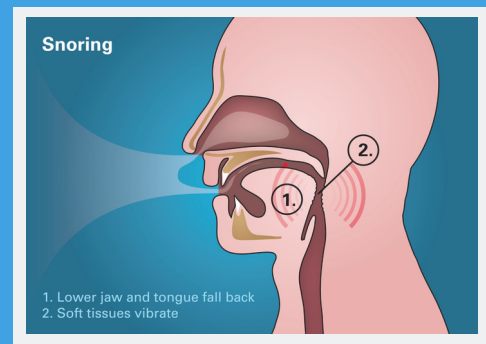
A gain in weight can cause someone who hasn't snored before to start snoring. This is due to the increase in weight around the neck. This extra weight causes the airway to narrow when you sleep. When you sleep the muscles also relax and the lower jaw can drop backwards. All this contributes to a narrowing of the airway.

What is Sleep Apnoea?

Obstructive sleep apnoea occurs when the airway is briefly and repeatedly fully constricted and breathing stops during sleep. The blood oxygen levels reduce, the brain sends out an emergency signal causing a deep gasping breath. This can happen many times each hour and leads to daytime drowsiness and headaches and over time can severely damage overall health.

The causes of snoring and sleep apnoea are closely related and could be considered part of the same spectrum of sleep related breathing disorders. The estimated prevalence of this serious sleeping disorder ranges from study to study, but it should be noted that in every confirmed case of obstructive sleep apnoea the person diagnosed is also a snorer. The two conditions are very closely linked.

Often your sleeping partner, or others close to you, will notice the symptoms of sleep apnoea first. Obstructive sleep apnoea is a treatable sleep related breathing disorder that affects many people and is largely undiagnosed.



**Accidents
Tiredness**



**Decline in
health**

**Ability to Work
Reduced**



IF LEFT UNTREATED

Untreated Snoring

Snoring is known to be a chronic condition, but not always taken seriously. In the long term, snoring can lead to serious health problems. It can be a major factor in sleep disturbance, leading to lack of energy, poor concentration, mood swings, and irritability. Snorers suffer more regularly from sore throats, dry mouths, and headaches.

Snoring puts a serious strain on relationships. Couples affected by snoring often go to bed at different times, to accommodate the condition. Many couples sleep in separate bedrooms and require separate hotel rooms when on holiday. Otherwise upset sleep, often results in expulsion of the snorer to a separate bedroom or the sofa, which can lead to a build up of resentment over time.

Untreated Sleep Apnoea

Obstructive sleep apnoea is a serious medical condition that has been linked to an increased risk of stroke, high blood pressure, cardiovascular disease, and arrhythmias. If you suffer from obstructive sleep apnoea you are 30% more likely to have a heart attack or die prematurely. The condition has also been linked to memory loss and brain damage. In some cases sleep apnoea results in death during sleep, from asphyxiation.

Obstructive sleep apnoea increases the risk of having a vehicle accident due to daytime tiredness. Some specialists have surmised that left untreated sleep apnoea can reduce somebody's life expectancy by as much as 20 years. Recent research has shown that drivers with untreated sleep apnoea are 6 times more likely to be involved in a road traffic accident. If you have untreated Sleep Apnoea you are at risk of losing your driving licence, which may affect your ability to work. Find out more about this via DVLA or Snorer.com.

If you frequently feel tired during the day, it is possible that you may be suffering from obstructive sleep apnoea. While obstructive sleep apnoea is closely linked to snoring, it is far more damaging and potentially life threatening.



TREATMENT OPTIONS

Diet and lifestyle play an important role in maintaining a healthy weight and a clear airway and should be considered alongside any of the treatment options here. You can seek personalised advice from a trained Nutritionist or health professional.

Surgery is a popular treatment option, as it offers the promise of a lifetime cure for snoring with a short 15 minute operation at the back of the throat with a laser. The operation is relatively painless but tends to be very unpleasant afterwards. Research has additionally showed there to be frequent complications and a return of snoring after some months. Orthognathic surgery (surgery to the jaw bones) has been proven to be an effective method of treating snoring and obstructive sleep apnoea. Unfortunately this type of surgery is complex and carries a morbidity / mortality risk.

CPAP (continuous positive airway pressure) is regarded as the gold standard in sleep apnoea treatments. A face mask is attached to a machine that sits near the bed. The machine pumps air into the airway throughout the night, keeping the airway open. There is however a significant proportion of people that are prescribed CPAP who simply cannot tolerate this method of treatment.

Mandibular advancement devices are unequivocally proven to control snoring and mild to moderate sleep apnoea. These include joined plastic gum shields, plastic trays, acrylic jaw posturing devices, orthodontic functional appliances, postural head pillows and lots more. This method depends on the action of posturing the lower jaw into the "recovery position" and in so doing, advancing the jaw and the tongue base. it's been shown that the uvula and the soft palate follow the tongue forward, leading to an opening of the airway, improving air circulation and relieving the snoring problem.

A research study comparing the effectiveness of CPAP with mandibular advancement devices (MAD) in patients with mild to moderate obstructive sleep apnoea, showed that over 80% of patients had a preference for the mandibular advancement device. The before and after sleep studies revealed that with both the CPAP machines and the mandibular advancement devices the number of apnoeas fell significantly and to acceptable levels.

Many other remedies are available for coping with this health issue, from special pillows to electrical shocks. None however are as well researched.



SCREENING TOOLS

Take the Sleep Apnoea Test

The Epworth Sleepiness Scale is the most commonly used sleep apnoea screening tool. It is designed to measure daytime sleepiness and is helpful in diagnosing sleep disorders. To take the test you need to answer eight questions. Each question is designed to assess how likely you would be to doze off or fall asleep in a variety of situations. www.somnowell.com/online-tests/epworth-sleepiness-scale

Online Suitability Test

Professor Ash has designed an online suitability test so you can find out if you are likely to benefit from using an oral device. This simple test asks all right questions so you can proceed with confidence. www.somnowell.com/online-tests/suitability-snoring

Check Options

The most well researched method for stopping both snoring and sleep apnoea is the use of a mandibular advancement appliance. Oral devices can be purchased online or over the counter, but success rates and compliance is around low. It is highly recommended to get a bespoke device from a dentist to fit your individual mouth and teeth.

Many devices are made from plastics and polymers. This makes them inherently bulky and they all need to be replaced regularly. The plastic material deforms and degrades from regular wear in the mouth.

The Somnowell is a 4th generation device and the most sophisticated device available. Constructed from a super medical alloy called chrome cobalt. Like gold, chrome cobalt is ideal for long-term use in the mouth as it does not suffer from wear or tear. It has the added advantage of being far smaller and more comfortable and does not harbour bacteria.

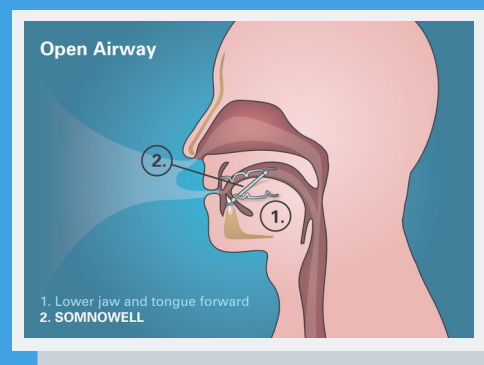


YOUR DENTIST CAN HELP

Dentists trained in Sleep medicine can help to screen, treat and refer on if necessary. Make an appointment to discuss your problem and treatment options suitable for you.

The good news is that the overwhelming majority of people suffering from problematic snoring and sleep apnoea can be effectively treated with a Somnowell Device. Success rates are around 96%.

If you, or someone you know is affected by snoring or sleep apnoea, Help to raise awareness and share this information.



Here are three steps to stop snoring and enjoy good night's sleep:

- 1) Book a call with a Somnowell expert. Find out our special offers for National Stop Snoring Week 2019
- 2) We will assess your suitability and provide you with details of a local provider
- 3) Get treated. Stop the snoring and enjoy all the benefits of a good night sleep for years to come

BOOK A CALL WITH US TODAY

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