

Count me.
I dare you.

GOT SLEEP?

YOUR COMPLETE GUIDE TO
UNDERSTANDING SLEEP APNEA

PRESENTED BY



So what's the point of this eBook anyway?

At Northstar, we want to inform you about the legitimate threats that come with Sleep Apnea.

Sleep Apnea is a serious disease; it's important to seek medical assistance and implement lifestyle changes to ensure breathing is regulated during sleep cycles.



Care to wager how many deaths Sleep Apnea contributes to each year?



up to **450,000**

SOURCE

(That's a lot of zeros.)

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TYPES OF APNEA

Sleep Apnea is no joke.

In America, Sleep Apnea is estimated to affect **12 million people**.

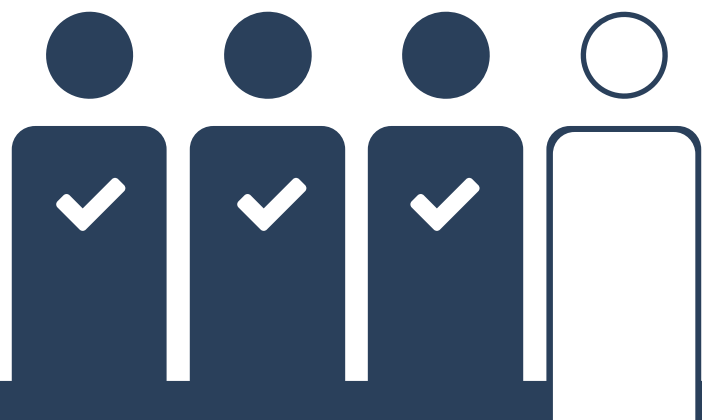
Of those 12 million, 80% suffer from cases of moderate to severe Sleep Apnea (learn about the levels of severity starting on page 9).

If left untreated, Sleep Apnea can lead to **high blood pressure, chronic heart failure, atrial fibrillation, stroke, and other cardiovascular problems**. But that's not all. People who suffer from Sleep Apnea are more likely to have type 2 diabetes and suffer from depression.

Sooooo, Sleep Apnea is actually kind of a big deal.

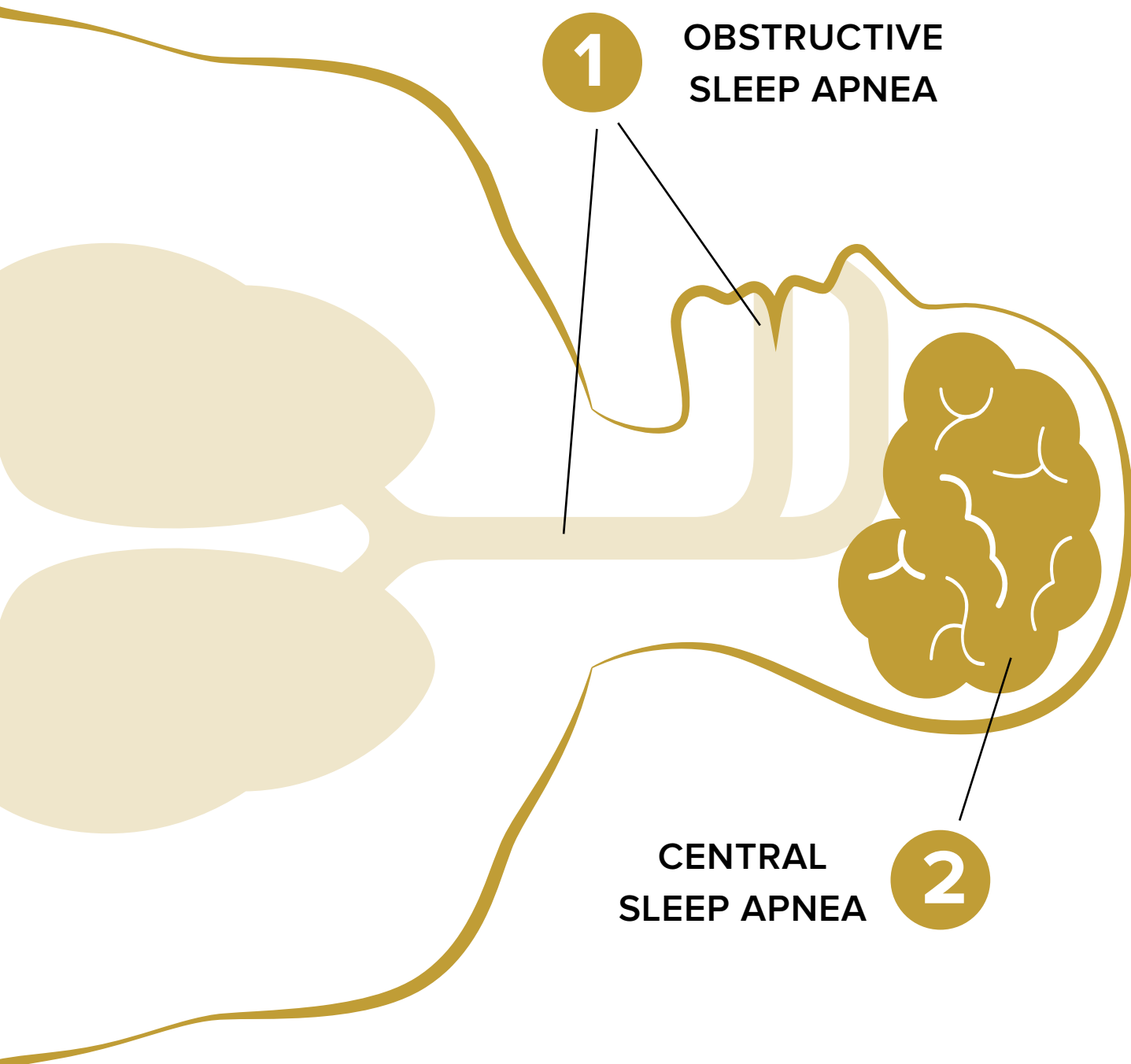
75%

of people who snore
have Sleep Apnea



THERE ARE 2 KINDS OF SLEEP APNEA

Know the difference.



1 Obstructive Sleep Apnea

Obstructive Sleep Apnea is when the airway collapses (or partially collapses) during sleep, blocking (or limiting) the flow of air into the lungs.

You try to continue to breathe, but the harder you try, the tighter the airway closes. Eventually your brain “wakes up” to a lighter level of sleep. You reposition your jaw and tongue to open the airway – usually with a gasp or snort. Usually the whole process starts all over again. This can happen hundreds of times a night!

2 Central Sleep Apnea

In central Sleep Apnea, breathing is disrupted regularly during sleep because of the way the brain functions. It’s not that you can’t breathe (which is true in obstructive Sleep Apnea); rather, you don’t try to breathe at all.

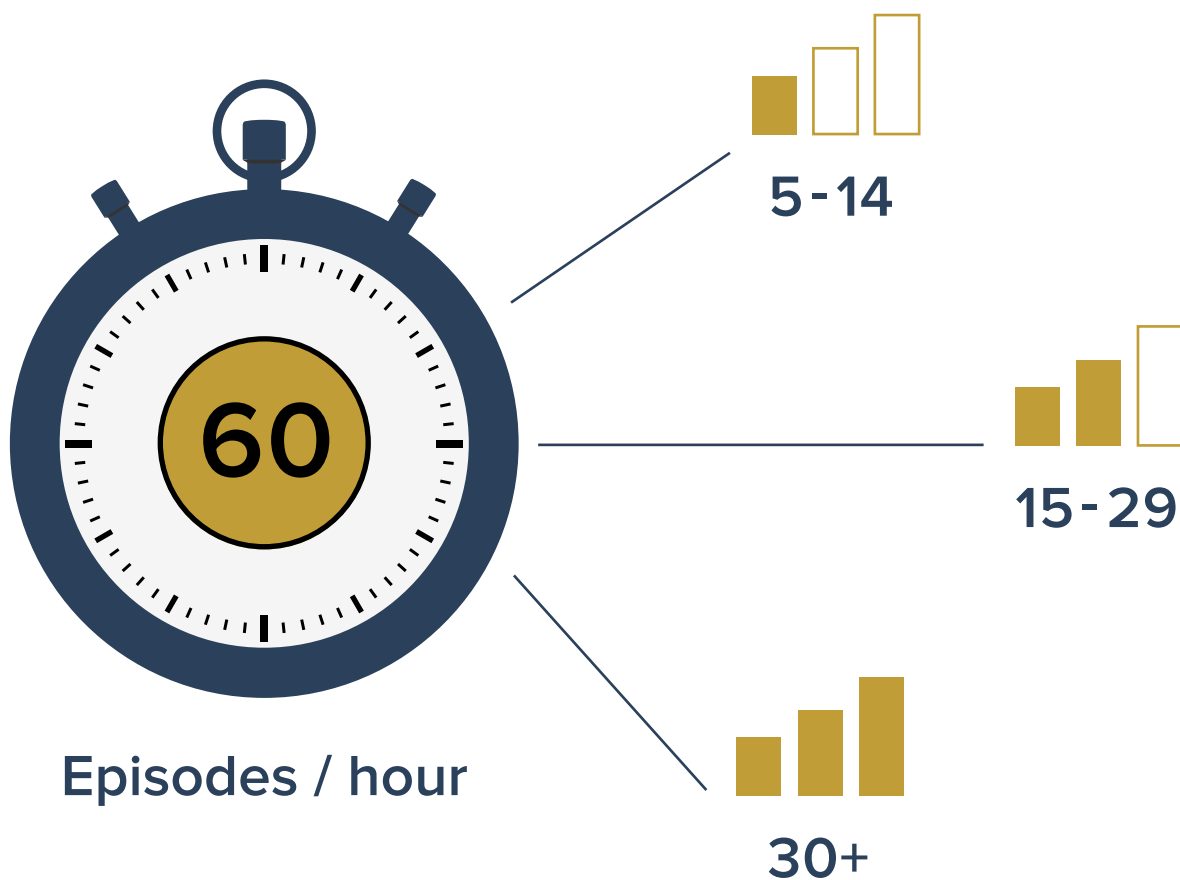
The brain does not tell the muscles to breathe. This type of sleep apnea is usually associated with serious illness, especially an illness in which the lower brain stem – which controls breathing – is affected. In infants, central Sleep Apnea produces pauses in breathing that can last 20 seconds.

STAGES OF APNEA

There are three stages of Sleep Apnea

If you have Sleep Apnea, you are likely missing *at least* one stage of the necessary sleep cycle required for maintaining optimal health.

It is worth noting, however, that there are differing levels of severity.





Mild Apnea

Mild apnea is defined as 5 to 14 episodes of apnea or reduced airflow to the lungs every hour.

Some symptoms may include drowsiness or falling asleep during activities that do not require much attention, such as watching television or reading.

These symptoms may **cause only minor problems** at work or while spending time with friends or family.



Moderate Apnea

Moderate apnea is defined as 15 to 29 episodes of apnea or reduced airflow to the lungs every hour.

Symptoms may include drowsiness or falling asleep during activities that require some attention, such as attending a concert or a meeting.

These symptoms may **cause moderate problems** with work or social functioning.



Severe Apnea

Severe apnea is defined as 30 or more episodes of apnea or reduced airflow to the lungs every hour.

Symptoms may include drowsiness or falling asleep during activities that require active attention, such as talking, driving, or walking.



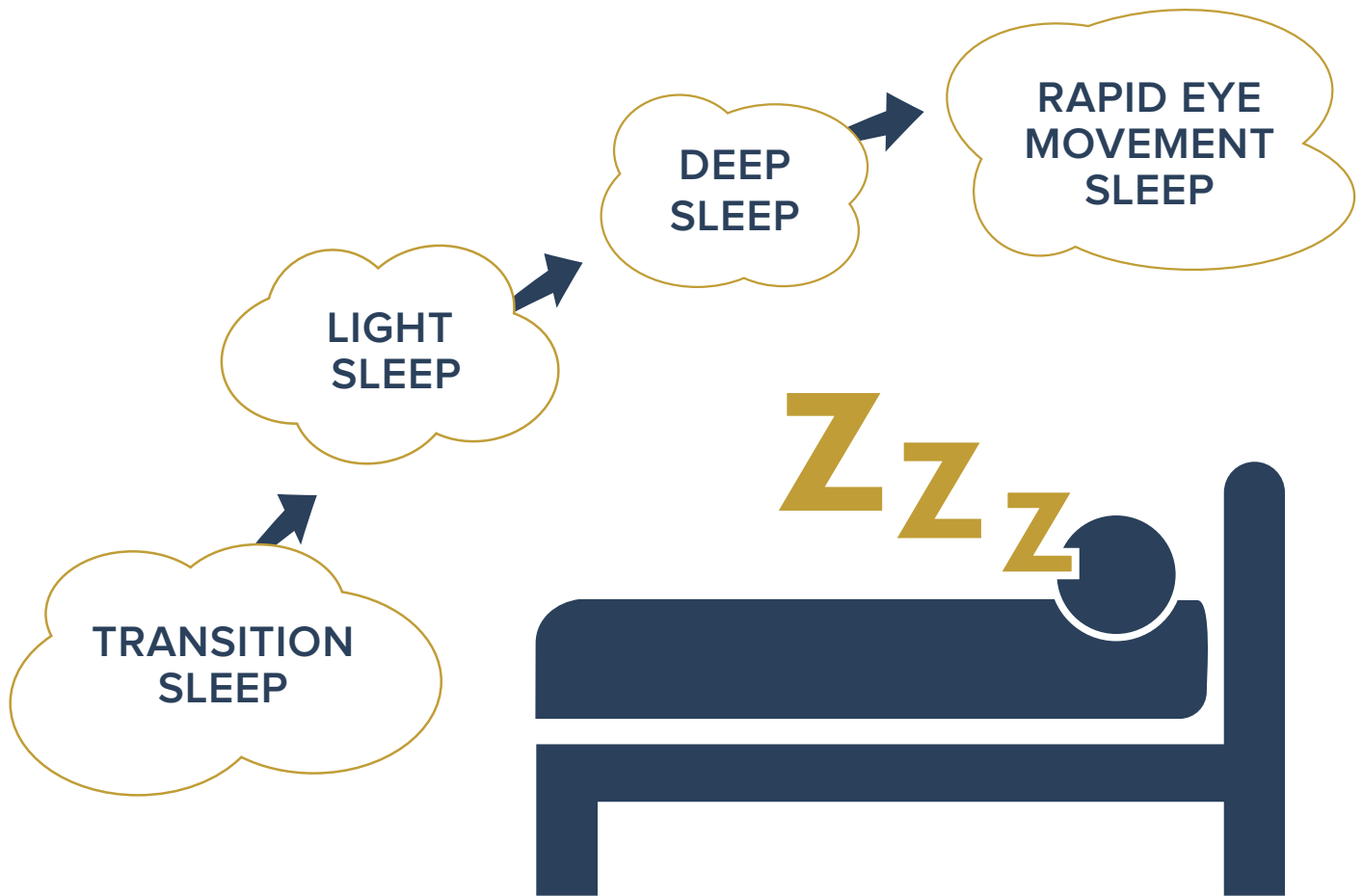
These symptoms have the potential to **cause severe problems** with both work and social functioning.

STAGES OF SLEEP

The four main stages of sleep

When you take into account you could be disturbing your sleep cycle anywhere from 15-30+ times an hour, it's impossible to ignore the gravity of the situation.

Dr. Merrill has made it his personal mission to help you and your loved ones, which is why he is sharing facts about Sleep Apnea, a deadly disease.



You need R.E.M. (not the band)

➔ STAGE ONE: TRANSITION SLEEP

Transition sleep should account for roughly 5% of total sleep time.

➔ STAGE TWO: LIGHT SLEEP

Light sleep should account for about 45% of total sleep time.

➔ STAGE THREE: DEEP SLEEP

Deep sleep is when the body heals itself and performs many important reparative functions.

Ideally, this should account for 25% of total sleep time. People who have a lack of deep sleep tend to be physically tired.

➔ STAGE FOUR: RAPID EYE MOVEMENT SLEEP (R.E.M.)

R.E.M. is where most of your memorable dreaming comes from for the night.

R.E.M. should also account for about 25% of your sleep time. People that have a lack of R.E.M. sleep tend to feel mentally tired and have a difficult time concentrating.

SYMPTOMS OF APNEA

Sleep Apnea has many warning signs

If your nightly rest doesn't regularly achieve all four stages of the sleep cycle, you may be putting yourself at risk of bodily harm (not to mention those around you!).

Obviously, it would be preferable to be alert - and awake - enough to function properly in your daily life.

Ask yourself:

“Do I experience any of these symptoms?”



Daytime sleepiness



Insomnia



Loud snoring



Swelling of the legs



Morning headaches











Heartburn or sour taste in your mouth

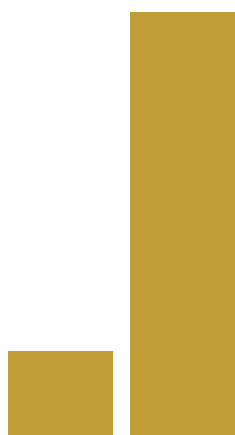


Attention problems

Apnea affects other medical conditions

As we mentioned, Sleep Apnea contributes to 450,000 deaths each year. This doesn't even take into account the other medical problems Sleep Apnea has a direct effect on.

- | | |
|--|--|
|  High blood pressure |  Type II diabetes |
|  Erectile Dysfunction |  Weight gain |
|  Fibromyalgia |  Acid reflux |
|  Increased risk of stroke |  Hypertension |



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People with Sleep Apnea are five times more likely than normal sleepers to have traffic accidents.

SOURCE

*LIFESTYLE
CHANGES*

Lifestyle changes can help reduce snoring

While these suggestions aren't cures (and may not work for everyone), they may alleviate symptoms until you meet with Dr. Merrill.



Avoid Alcohol

Alcohol and sedatives reduce the resting tone of the muscles in the back of your throat, making it more likely that you'll snore.



Lose Weight

If you gained weight and then started snoring - but didn't snore before you gained the weight - then weight loss may help you.



Change your sleep position

Laying on your side instead of your back helps ensure your tongue doesn't relax against the back of your throat, causing the vibrating sounds during sleep.

GET HELP

Find solutions with medical help

If you believe you or your loved one suffers from Sleep Apnea, it's important to seek medical attention.

Dr. Merrill considers it a top priority to ensure you live a long and healthy life.



At Northstar Dentistry, we take a personal interest in you and your well-being.

You have three options

When searching for tools to help find relief from Sleep Apnea, you have three common choices: **an Oral Appliance, a CPAP Machine, or Surgery.**

Read on to learn about the difference between these three options and see which is right for you.

Oral Appliance



An Oral Appliance is custom fit to your mouth, so you can freely move throughout the night.

Oral Appliances are:



Small



Comfortable



Noiseless



Custom made for you

You can easily transport your oral appliance on trips, and due to its size, it is **subtle and discrete**. Ask Dr. Merrill if an Oral Appliance will help you fight away your sleep apnea.

CPAP (Highly Recommended)

As the leading treatment for sleep apnea, a CPAP (Continues Positive Airway Pressure) Machine increases air pressure in your throat so your airway doesn't collapse while you sleep.

Here's how it works:

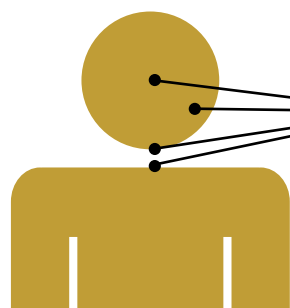
- 1 Once you're ready for bed, you'll wear a custom-fitted mask that covers your mouth and/or nose.
- 2 Next, you'll secure a chinstrap to help keep the mouth closed and to make sure you're breathing correctly – out of your nose.

We'll be honest, it may take some getting used to, but look at the big picture: The majority of people who use CPAP report improved results.

Finally, you (and your bed partner) can sleep soundly!

Surgery

There's a few ways to treat sleep apnea, bur for severe obstructive sleep apnea, surgery may be the best solution.



Types of Surgical Treatments:

- Nose • Jaw Repositioning Surgery
- Upper Throat • Lower Throat

Here's what you need to know:

As an effective and safe treatment option for many patients with sleep apnea, surgical treatment is an even better alternative thanks to its immediate results!

Many non-surgical treatments, on the other hand, depend on regular, long-term adherence to be effective.

Still need more info?

If you're looking for more information and you haven't already done so, please take our online Sleep Screening Questionnaire.

[SLEEP SCREENING QUESTIONNAIRE](#)

Ready for results? Contact us today!

If you recognized signs of Sleep Apnea throughout this Ebook and want to do something about it, please call Dr. Merrill today and reclaim your rest.

Dr. Merrill and his team would love to help you (or your loved one) achieve the sleep you deserve.



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[Vist us online](#)

*CALL DR.
MERRILL*

(Seriously.)