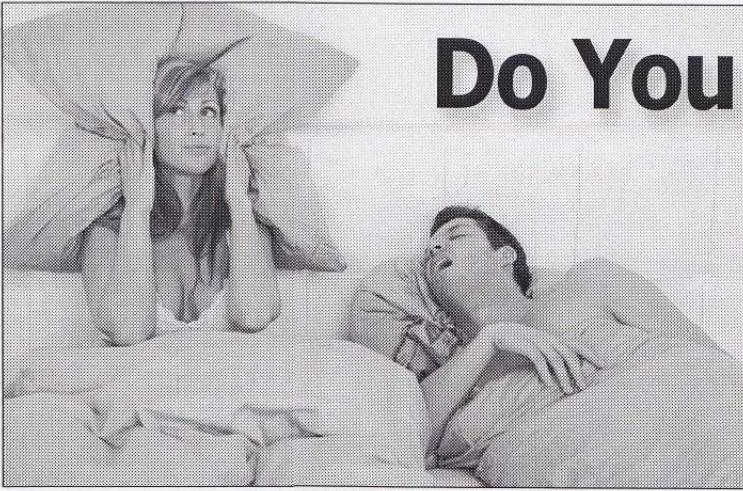


Do You Rock the House?



by Dr. Tom Risbrudt

Do the walls shake, rattle and roll for all the wrong reasons? Does your significant other throw you out of the bedroom so they can get a decent night's sleep? Or, do they go to bed first and put in earplugs or earmuffs on before you go to bed?

There are two parties in this scenario: The "Snorer" and the "Snoree." The Snorer probably isn't too concerned because, after all, they are not bothered by the noise. They are sleeping - or so they think! The Snoree, on the other hand, gets little or no sleep because of the noise the Snorer generates in their sleep. A recipe for poor health for both parties, in either case certainly not a romance builder.

Sleeping much lately? We all need a minimum of seven hours of sleep a night to function well. Snoring is MORE than just an embarrassing social phenomenon! There is plenty of research to show that both parties can be affected by a lack of quality sleep. If you snore, or sleep with someone who does, you know how it can disrupt your life. And you're not alone: millions of people endure countless sleepless

nights due to snoring. Lost sleep, lonely trips to the couch, decreased intimacy all take a toll on a relationship. Additionally, snoring can be a sign of sleep apnea, which is a very serious medical condition.

So, what makes sleep apnea dangerous? Set aside the part about making you and your partner miserable and exhausted, sleep apnea is a major cause of high blood pressure and can lead to inflammation and clogging in your arteries. Over the long term, it can cause irritability and depression, and in extreme cases can actually cost your life while you sleep. (The most notable contemporary example of this phenomenon was Pro Football Hall of Famer Reggie White of the Green Bay Packers.)

Will I Die Before I Wake?

Normally when we sleep, the throat muscles keep our airway open so we can breathe plenty of oxygen. When people suffer from sleep apnea, the airway narrows dangerously either because the throat muscles relax too much, the tongue and tonsils are too large in relation to the windpipe or extra tissues from being over-

weight thickens the windpipe wall, narrowing the airway. Sleep apnea can also happen when the brain does not communicate well with the muscles that need to keep the airway open. This results in a vibration caused by the unsuccessful effort to pull in air - the telltale snoring of sleep apnea sufferers. Eventually when the oxygen intake becomes too low, your brain will wake you up to prevent you from dying in your sleep. For people with significant sleep apnea, this can happen hundreds of times a night.

What are the Signs and Symptoms of Sleep Apnea?

If this sounds all too familiar, here are some ways for you to know or suspect that you might have sleep apnea (best way to find out - ask your sleeping partner?):

- Daytime sleepiness / fatigue
- Loud snoring at night
- Interruptions in nighttime breathing
- Abrupt awakenings followed by shortness of breath or racing pulse
- Acid reflux
- Frequent nighttime urination
- Morning headaches
- Memory loss
- Large neck size

What Can You Do Short Term?

- Get enough sleep.
- Stop smoking and lose excess weight.
- Treat nasal congestion.
- Avoid alcohol, sedatives, and sugar-filled desserts, especially at dinner.

What's the Long Term Solution?

Contact your medical doctor or qualified sleep study dentist and have a Sleep study conducted. After you receive the results you have a few options, listed below:

If diagnosed with mild to moderate apnea there are portable dental devices that can reposition your jaw to create greater opening in the airway to reduce snoring and allow more oxygen to reach the brain.

For severe apnea seek treatment immediately with a qualified medical physician who has a working knowledge of sleep apnea.

Sleep Apnea and snoring don't need to banish you to the couch, so get a diagnosis and snuggle up! ☺

If you or someone you love experiences any of the aforementioned symptoms contact team@drisbrudt.com or (949)496-0311 for more information.

DR. TOM RISBRUDT, DDS



- Full Mouth Restoration - Prosthodontics
- Personalized & Comprehensive Dentistry
- Sleep Apnea and Snoring Appliances
- TMJ / TMD Treatment
- Accelerated Whitening Process
- Health and Wellness Philosophy

*Practicing
on
Purpose*

For 45 years

DR. THOMAS H. RISBRUDT, DDS
949-496-0311

655 CAMINO DE LOS MARES, SUITE 128
SAN CLEMENTE, CA 92673

I INVITE YOU TO VISIT ME ON
DRRISBRUDT.COM



"It's the Plumber!"

**Hydronic & Gas Heating
Service & Repair**

San Clemente
(949)492-2640



NAT-67307-1