

Are You Willing to Be A Statistic?

"Forty million Americans are chronically ill with various sleep disorders; an additional 20-30 million experience intermittent sleep-related problems. In the US, Sleep Apnea alone is the cause of excessive daytime sleepiness in almost 20 million people. Millions more are severely sleep-deprived as a result of demanding work schedules and various other life-style factors. One estimate of the cost of sleep related workplace productivity is \$150 BILLION."

--Report of the National Commission on Sleep Disorders Research submitted to the U.S. Congress and Department of Health and Human Services, April, 1993.



Sweet Dreams

Dr. John S. Viviano B.Sc. D.D.S., obtained his credentials from the University of Toronto and has practiced General, Family and Cosmetic Dentistry in Ontario, Canada since 1983.

He maintains a special interest in the conservative treatment of sleep-disordered breathing. A member of various sleep organizations, he is credentialed by the certifying board of the Academy of Dental Sleep Medicine, and has lectured on the treatment of sleep disordered breathing and the use of Acoustic Reflection. He has authored articles reviewing Acoustic Reflection and establishing protocols for its use in assessing airway normalization.

Dr. Viviano utilizes various appliance designs including trial appliances in his conservative therapy of sleep-disordered breathing.



DRIVER TALK

*SLEEP WELL
DRIVE SAFE
STAY ALIVE*



Dr. John Viviano

**Conservative Therapy
Snoring-Sleep Apnea
Breathing Related
Sleep Disorders**

**Family, General and
Cosmetic Dentistry**

905 820-3200

**DrJohnViviano@aol.com
SleepDisordersDentistry.com**

If You Operate a Motor Vehicle for a Living, Ask Yourself...

Do you snore?

Do you have restless sleep?

Do you awaken and get up often during your sleep time?

Do you have difficulty getting going in the morning?

Do you have headaches when you awaken?

Do you consume caffeinated beverages or pills to stay awake?

Have you ever fallen asleep at an inappropriate time?

Can you, or your family afford the potential consequences of ignoring these symptoms?

For a consultation, please call Dr. John S. Viviano at 905 820-3200



Sleep Well
Drive Safe
Stay Alive

Overweight, middle-aged men with thick necks are the type of people most likely to suffer from **sleep apnea**, a disorder that makes them **chronically exhausted** and puts them at risk of suddenly nodding off during waking hours.

Sleep apnea is caused by a disorder involving the muscles at the back of the throat. Everybody loses some muscle tone in these muscles while sleeping, narrowing the air passage. Amongst people who have sleep apnea, the airway is closed off entirely for brief periods. Lacking needed oxygen, their brains automatically trigger **night-time arousals**. Robbing them of deep, restful sleep. Often, it is discovered only when a partner is bothered by constant breathing interruptions, usually accompanied by loud snoring or thrashing about in bed.

In a study conducted by **Dr. William Dement**, director of the Sleep Research Center at the Stanford University School of Medicine, it was found that **78 percent of 159 commercial truckers he tested suffered from sleep apnea**. The incidence is three times higher than in the general population.

In another study, **Dr. William Dement** taped the eyelids open of a volunteer who had been allowed only **four hours of sleep the night before**. He was asked to **press a button every time an irregular strobe light flashed**. For a few minutes he pressed the switch after each flash, on average every six seconds. Then a **bright flash surged into his pupils-but he did nothing**. "Why didn't you press the switch just now?" he was asked. "Because there was no flash", he replied. The machines attached to his body used to monitor brain activity showed that **at the very moment the light had flashed, the young man had fallen asleep**, with his eyes wide open, for two seconds, without him being aware of it. **If he had been behind the wheel of a motor vehicle, those two seconds could have meant disaster.**

The National Sleep Foundation has also identified **commercial truck drivers** among its top five

groups of people at risk of falling asleep while driving.

With regards to accidents involving Trucks citing sleepiness as the primary cause, the most frequently cited study was conducted by the National Transportation Safety Board. **In 1990, the board found that trucker fatigue was a primary accident cause in 31 percent of accidents studied in which the trucker died.**

In another study the NTSB investigated 107 single-vehicle accidents in which the driver survived and discovered that **58% were related to fatigue-with 18% of the drivers admitting they had fallen completely asleep**. The drivers in this sample had obtained only 5.5 hours of sleep during their preceding sleep periods: 2.5 hours less than the average reported by truckers with non-fatigue related accidents.

The U.S. Department of Transportation has estimated that up to **200,000 motor vehicle accidents per year** may be sleep-related.

One of every five drivers admits to having fallen asleep at least once behind the wheel, and 69% of motorists report drowsiness while driving.

Sleep apnea has been associated with an up to **nine-fold increased incidence of motor vehicle accidents**. In a Swedish study, after correcting for miles driven, individuals with full sleep apnea symptoms had **twelve times as many accidents as controls**. A British study showed that **93% of sleep apneics were at fault in one or more accidents**. The significance of these figures is increased by indications of a markedly greater prevalence of sleep apnea among distance truck drivers: who recently were reported as having the **highest on-the-job mortality rate of any profession for the third straight year!**