

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.

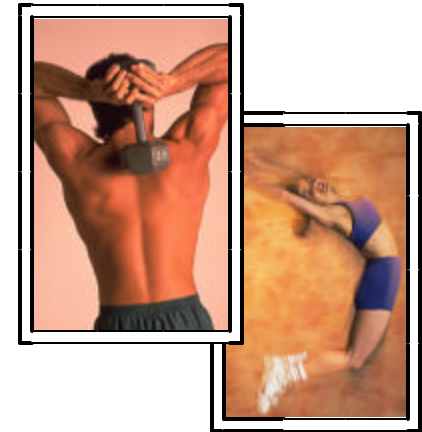
He maintains a special interest in the conservative treatment of sleep-disordered breathing. A member of various sleep organizations, he is credentialed by the certifying board of the Academy of Dental Sleep Medicine, and has lectured on the treatment of sleep disordered breathing and the use of Acoustic 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.



Healthy Weight Solutions

*SLEEP WELL
LOSE WEIGHT
GET FIT*



Dr. John Viviano

Conservative Therapy
Snoring-Sleep Apnea
Breathing Related
Sleep Disorders

*Family, General and
Cosmetic Dentistry*

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**If You
"WEIGH-IN"
Over Your
Ideal Weight,
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?

Do you lack the energy to follow a regular exercise program?

Can you afford the potential consequences of ignoring these symptoms?

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



Sleep Well
Lose Weight
Get Fit

Achieving and maintaining your ideal weight can be extremely challenging in itself. However, *factors other than diet and exercise can prevent you from achieving your "Healthy Weight"*.

Often, being over your ideal weight is associated with *Snoring*. On the surface, snoring may appear to be just a personal nuisance. However, approximately *10% of Snorers may also have Sleep Apnea*, a condition that involves *airway collapse, accompanied by breath-holding*. With sleep apnea, blood oxygen levels become depleted, the brain senses this and automatically triggers night-time arousals so that breathing can restart. *These arousals interfere with the sleep needed to rejuvenate and refresh your body.*

Although both genders are susceptible to sleep apnea, overweight, middle-aged men and women with thick necks are at greater risk. This condition leaves you chronically exhausted and at risk for many other medical disorders; *morning headaches, poor concentration, depression, mood swings, high blood pressure, weight gain, heart failure, angina and stroke*. Often, it is discovered only when your partner is bothered by constant breathing interruptions, usually accompanied by loud snoring or thrashing about in bed.

It is easy to see how you could spiral down into a very deep pit; *not having the rest you need leaves you*

too tired to participate in a regular exercise routine. The more weight you gain, the greater the severity of sleep apnea and the more your sleep is disrupted, leaving you with even less energy to exercise.

Seeking appropriate treatment for your snoring and sleep apnea can help give you back the energy needed to maintain a regular exercise program, reversing the spiral and *helping you regain the energy level and fitness level you once enjoyed.*

The Test: What chance is there of you falling asleep in the following situations, in contrast to just feeling tired?

0=Never 1=Slight 2=Moderate 3=High

| <u>Situation</u> | <u>Chance of Dozing</u> |
|--|-------------------------|
| Sitting and reading | _____ |
| Watching TV..... | _____ |
| Sitting inactive in a public place | _____ |
| As a passenger in a car for an hour without a break | _____ |
| Lying down to rest in the afternoon when possible | _____ |
| Sitting and talking to someone | _____ |
| Sitting quietly after lunch without alcohol _____ | |
| In a car, while stopped for a few minutes in traffic | _____ |
| TOTAL | _____ |

A score of 10 or more may indicate a serious sleep disorder. A consultation could place you on the right track to help reduce and maintain your healthy weight.