

For Healthy Sleep...

The first phase of resolving a breathing Related Sleep Disorder is to discuss possible changes to "Lifestyle Choices" and "Sleep Hygiene".

The American Academy of Sleep Medicine has condoned three therapies should these efforts alone be insufficient to resolve the disorder. These are nCPAP, Surgery, and Oral Appliance Therapy. Since Snoring and Sleep Apnea are medical disorders, a physician should always guide the therapy of choice.

To find out more about "Lifestyle Choices", "Sleep Hygiene" various therapies, their success and compliance rates, please phone for a consultation today...

Dr. John Viviano
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Sweet Dreams

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.



Snoring & Sleep Apnea Lifestyle Choices

For Healthy Sleep



Dr. John Viviano

Conservative Therapy
Snoring-Sleep Apnea
Breathing Related
Sleep Disorders

*Family, General and
Cosmetic Dentistry*

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Lifestyle Choices For Healthy Sleep

The American Academy of Sleep Medicine (AASM) is a Medical organization whose mandate is to oversee the practice of Sleep Medicine. The recommendations they make are based on the most current peer reviewed research available.

The AASM recommends that the first line of therapy is to establish healthy “Lifestyle Choices” and “Sleep Hygiene”. These efforts alone may not resolve a more serious sleep disorder, but are certain to reduce it’s level of severity. Should further therapy be necessary, they have made recommendations on the use of nCPAP, Surgery and Oral Appliance Therapy based on findings in current studies. To learn more about these therapies please review our “Which Therapy...” brochure.

Exercise

With weight gain, fatty deposits in the neck make the airway narrower and more susceptible to collapse during sleep. Approximately 50 % of obese individuals also have a Breathing Related Sleep Disorder. For those afflicted, loss of 10% of their body weight can improve the severity of their disorder by up to 50 %.

Avoid at Bedtime...

Heavy meals, Caffeine and Alcohol all interfere with obtaining a healthy nights sleep. If you feel you must indulge, avoid doing so within 4 hours of sleep.

Stop Smoking

Smoking irritates the mucus membranes of the throat, causing the overall cross section dimension of the airway to reduce. This makes the airway more susceptible to collapse.

Medications

Medications may reduce muscle activity. Your airway is kept open by muscles that dilate, any medications that cause muscle relaxation will cause these muscles to relax, making it easier for the airway to collapse during sleep, creating an apneic event.