

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 Sleep Hygiene

For Healthy Sleep



Dr. John Viviano

Conservative Therapy
Snoring-Sleep Apnea
Breathing Related
Sleep Disorders

*Family, General and
Cosmetic Dentistry*

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Sleep Hygiene

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.

Protect your need & right to sleep!

Never feel guilty about fulfilling your body’s need to recharge itself.

Ensure adequate sleep time, free from interruptions.

Most adults require 7.5-8 hours. Teenagers & children require even more sleep!

Maintain regular sleep habits!

Regularity makes a tremendous difference in training your "biological clock".

Avoid going to bed after midnight unless you work night shift.

If you catch a “second wind” you will have difficulty falling asleep.

Go to bed prepared to sleep!

Vigorous exercise shortly before bedtime may interfere with your ability to fall asleep. However, exercise several hours before be helpful.

Avoid late afternoon/evening naps.

“Don’t Worry... Sleep” Do not lie in bed worrying about problems, set aside other times to ponder these things.

The bed should be used for sleep and sex. Associate your bed with relaxation and not with activities that will be likely to keep you alert for prolonged periods.

Avoid large meals and excessive fluid intake that may interfere with sleep, cause

indigestion, heartburn or frequent awakenings to urinate.

Caffeine and smoking prior to retiring are additional factors that can worsen one's ability to fall asleep and stay asleep.

Warm baths and engaging in relaxing, calming and soothing activities can be helpful.

Make sure that your bedroom is conducive to good sleep!

A dark environment is best, unless you are reassured by a night-light.

A cool, quiet , comfortable environment with a comfortable mattress and pillow is best.

Consider an air purifier for allergies

Don't sleep too long!

Avoid oversleeping and lying in bed for long periods upon awakening.

Avoid medications that interfere with either sleep or alertness!

This includes, prescription, over the counter and holistic medications and supplements

Never discontinue prescribed medications without the approval and awareness of the physician who prescribed them.