

Conservative Treatment for Snoring -Sleep Apnea and  
Breathing Related Sleep Disorders  
General, Family and Cosmetic Dentistry

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# SnoreSolutions

## Breathing Related Sleep Disorders

The Latest News on Airway Orthotic Therapy

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## The Value of Practicing “Sleep Disorders Risk Management” For Your Organization

Sleep Deprivation impacts all aspects of our lives, both personal and professional. It impacts on ones disposition, relationships, alertness, attentiveness, productivity and overall health status. Almost a decade ago, a National Commission on Sleep Disorders Research submitted to the US Congress found that 40 million Americans were chronically ill with various Sleep Disorders and estimated the cost of sleep related workplace productivity to be \$150 Billion yearly. Yet, very few organizations have taken the time to practice “Sleep Disorders Risk Management”.

Legislation has mandated a Zero Tolerance expectation regarding substance abuse in the Trucking industry. It is interesting to note that in a study involving 1,658 Ohio businesses, substance abuse was demonstrated in 5% of the work force; in contrast, Sleep Disorders in general have been demonstrated in up to 65% of the population. When one considers the prevalence and impact of Sleep Disorders, they potentially have a substantially higher impact than substance abuse but remain for the most part totally ignored by industry and legislation.

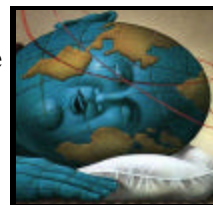
All Safety Officers should be well versed with the impact of untreated

Sleep Disorders on their organization.

Screening one’s work force for potential Sleep Disorders can be easily accomplished through the use of questionnaires. Individuals with potential Sleep Disorders can be referred to

a Sleep Specialist to determine the severity and type of disorder. Treatment may be as simple as discussing Sleep Hygiene, or prescribing medication, surgery or other appropriate therapies. We are very fortunate that in Ontario, these visits are covered by OHIP, as a result, there is no reason that any organization should have a Sleep Deprived, Accident Prone Workforce.

We have conducted seminars for many companies and consultants to industry covering the basics of Sleep Disorders Risk Management. These seminars include the basics about sleep disorders, all treatment options and how to go about obtaining treatment. If you feel that your company could benefit from an in house seminar please visit our [AccidentPreventionSolutions.com](http://AccidentPreventionSolutions.com) website.



## Sleep Well Work Alert

## SnoreSolutions Hi-lights

- Sleep Disorders estimated cost to work-place productivity-\$150 Billion yearly.
- Announcing our new family of websites: [ForHealthSolutions.com](http://ForHealthSolutions.com)
- Increase Employee productivity and reduce health care costs
- Impaired judgement of Sleep deprived individuals has tremendous ramifications.

## News Flash!

We are very excited to announce our new family of websites. You can access them at our main site called:

[ForHealthSolutions.com](http://ForHealthSolutions.com)

These sites are dedicated to providing the most current information available in the areas of Oral Health, Snoring, Sleep Apnea, Breathing Related Sleep Disorders, Sleep Related Accident Prevention, Working Alert, Mouth Odor, Head, Neck and Jaw Pain.

Visit today and let us know what you think.

## The Cost of OSA Begins Long Before Diagnosis

Obstructive sleep apnea is diagnosed when loud snoring is interrupted by episodes of completely obstructed breathing. During an obstructive apnea, the airway in the back of the throat collapses and prevents oxygen from entering the lungs and reaching your bloodstream. This condition can be serious and sometimes fatal if these episodes last over ten seconds and occur more than 10 times an hour. The cumulative effect of these episodes is reduced blood oxygen levels to the brain, and a lighter sleep stage so that the breathing passage can be maintained. This prevents the snorer from obtaining the rest benefits achieved only during sleep, and can lead to a tendency to fall asleep during daytime hours - on the job, or worse, at the wheel of a Motor Vehicle.

Kreger et al (1998) found that Sleep Apnea patients use health care resources at approximately twice the rate of controls as far back as 10 years before their

diagnosis. These individuals experience a higher incidence of daytime sleepiness, morning headaches, irritability or moodiness, poor concentration, obesity, hypertension and frequent nocturnal urination.

The most valuable asset any organization has is their employees. These individuals operate expensive machinery, supervise overall production and level of service and are entrusted to make appropriate decisions. Take the time to calculate the cost to your organization of accidents and time away from work. Then consider an employee screening process that will benefit all, including the employee.



## Sleep Deprivation Closely Related To Job Performance

Sleep deprivation is common in both individuals with sleep disorders and those that work shift work. In many cases, individuals working shift work also have very demanding jobs requiring absolute accuracy. Recently, Dr. Harvey Moldofsky, testified that the nurse that mistakenly injected an 11-month -old infant with two fatal doses of morphine, may have had impaired judgement due to her constantly changing sleep schedule. Dr. Moldofsky said that he felt it was his "civil responsibility" to share his knowledge about the affect shift work has on an individuals ability to perform their job.

Findley et al (Sleep, Vol 22, No 6, 1999), conducted a study regarding "Time-on-Task" decrements in "Steer Clear" performance of patients with Sleep Apnea and Narcolepsy. A computerized simple driving simulation task was compared among 31 patients with untreated sleep apnea, 16 patients with narcolepsy and 14 healthy control subjects. The Sleep Deprived participants had more Steer Clear collisions than the control subjects. The narcoleptic patients had 4-fold the errors of the apneics and 100-fold the errors of the controls. Clearly, healthy sleep is closely related to job performance.

**Dr. John S. Viviano** obtained his B.Sc. and D.D.S from U of T and has practiced General Dentistry in Mississauga since 1985. He maintains a special interest in the treatment of Snoring, Sleep Apnea, and Breathing Related Sleep Disorders. He is a member of the American Academy of Sleep Medicine and Sleep Wake Disorders Canada. He is both a member of and credentialed by the certifying board of the Academy of Dental Sleep Medicine and he is also a member of and has lectured on behalf of the Canadian and Ontario Dental Associations and other organizations regarding the treatment of Snoring, Sleep Apnea and Patient Management Strategies. Dr. Viviano utilizes various appliance designs including trial appliances in his conservative treatment of Snoring, Sleep Apnea, and Breathing Related Sleep Disorders.

**Sleep Well!  
Drive Safe!  
Stay Alive!**

[SleepApneaSolutions.com](http://SleepApneaSolutions.com)

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