

## 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 Airway Orthotics. 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**  
**905 820 3200**



*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 Solutions

**SLEEP WELL  
LIVE WELL**



**Dr. John Viviano**

**Conservative  
Therapy  
Snoring-Sleep Apnea  
Breathing Related  
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# nCPAP Surgery Airway Orthotics

## Wondering about your Sleep Status, why not take 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 .....	_____
<b>TOTAL</b> .....	_____

A score of 10 or more may indicate a serious sleep disorder. A consultation could place you on the right track to regain the quality of life you once enjoyed

Snoring occurs when the tissues in your throat vibrate as you inhale and exhale. Although snoring is not considered a serious sleep disorder, it can be very disruptive to relationships and is considered to be a precursor to Sleep Apnea, a very serious sleep disorder.



Snoring & Sleep Apnea

Sleep Apnea involves the airway collapsing during sleep and cessation of breathing for longer than 10 second intervals. When this occurs more than 10 times an hour it is considered to be medically significant.

After evaluating and implementing changes to “lifestyle Choices”, and “Sleep Hygiene”, three therapies can be provided. The choice of therapy should always be patient specific depending on symptoms, severity of the disease, patient preference and likelihood of compliance.

Nasal Positive Airway Pressure involves the patient wearing a mask and tube connected to a device about the size of a table top air cleaner. Room air is blown into the nose, upper respiratory tract and down the pharynx splinting it open internally. This prevents the airway from collapsing and tissues from vibrating. nCPAP is 100% effective if the patient complies. Unfortunately, patient compliance is less than 50% after 6 months of use. Understandably, the compliance rate is higher for more severe cases since they are capable of experiencing a more profound improvement in the quality of their lives.



nCPAP

Surgery is an attractive solution in that for successful cases, the patient is cured. Unfortunately, the success rate for Sleep Apnea is less than 50%.



Surgery

Surgery is a very good alternative for snoring. However, one should keep in mind that these surgeries are irreversible and do have side effects associated with them.

Airway Orthotics have been demonstrated to be effective for simple snoring, mild to moderate Sleep Apnea and for patients with severe sleep apnea with genuine intolerance to nCPAP. Severe Apneics may also consider an Orthotic for occasional or travel purposes. This therapy is conservative and completely reversible.



Airway Orthotic Therapy

By advancing the jaw forward a few millimeters, tension is placed on the soft tissues that make up the airway. This tension prevents the loose tissues from vibrating and the airway from collapsing. To date, many studies have demonstrated the effectiveness of this conservative therapy for both snoring and sleep apnea.

Before deciding on a particular therapy, we suggest that you educate yourself and consider all of the alternatives, likelihood of success given your circumstance, and likelihood of compliance given your personality.