

When sleep is disrupted night after night by the frequent awakenings caused by sleep apnea and by the decreased flow of oxygen to the brain and other tissues caused by the totally obstructed breathing in sleep apnea and the partially obstructed breathing in snoring, health suffers.

- Snoring and obstructive sleep apnea are related to
- Excessive daytime sleepiness
- Heart failure
- Ischemic heart disease
- Heart attack
- Irregular heartbeats
- Stroke
- High blood pressure
- Cardiovascular problems
- Diabetes
- Obesity
- Learning and memory problems
- Sexual dysfunction
- Depression

Our office works closely with your family physician as well as your sleep physician and will keep both offices up-to-date on the progress of our treatment.