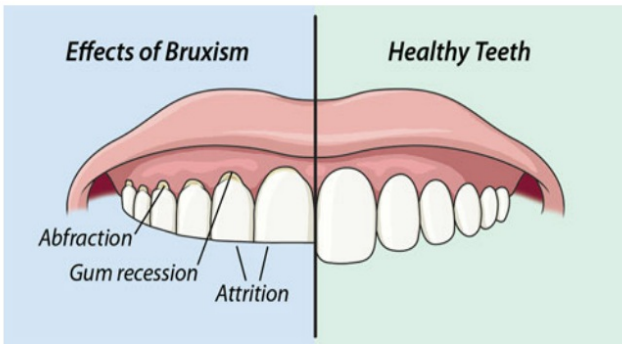


Sleep & Smile System

Proper sleep is essential to a healthy mouth. Unfortunately, more than a third of the population is not getting the recommended 7-8 hours of sleep every night. What many don't realize is the devastating effects of poor sleep on both your overall and oral health. Inadequate sleep increases the risks of developing gum disease and teeth grinding. The Sleep and Smile System is designed to enhance awareness of the oral effects of sleep, the conditions that arise from poor sleep, and the potential treatments to resolve these life-altering conditions.

Do You Suffer From. . .



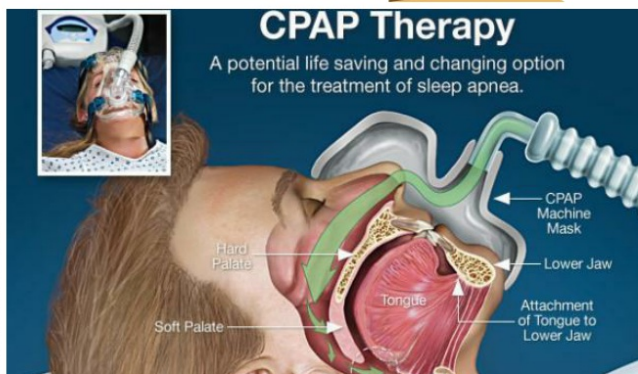
- Headaches
- Migraines
- Excessive daytime sleepiness
- Neck pain
- Earache (not caused by infection)
- Tired or sore facial (cheek) muscles
- Bloodshot eyes
- Obstructive Sleep Apnea
- Snoring

OR

- Daytime teeth clenching
- Teeth Grinding (Bruxism)
- Looseness or soreness of back teeth
- Cracked, broken or missing teeth
- Flat or worn-down teeth
- Pain when chewing Lock-jaw
- Clicking or popping of jaw joints
- Limited mouth opening
- TMD (temporomandibular joint disorder)

Then You May Need. . .

Treatment Options



Dental

Medical

- | | |
|------------------------------|--|
| ● Mouthguard/Nightguard | ● CPAP (Continuous Positive Airway Pressure) Machine |
| ● Sleep Apnea Oral Appliance | ● Upper Airway Stimulation (UAS) Therapy |
| ● Snoring Oral Appliance | ● Surgery |
| | ● Positional Therapy |
| | ● Nasal Decongestants |

Recommendations



- Focus on weight loss with a healthy diet (limit sugar/carbs).
- Keep a consistent bedtime and wake-up time every day.
- Avoid eating after 7pm.
- Avoid alcohol, sweetened, or caffeinated beverages in the evening.
- Keep the bedroom temperature between 60 and 67 degrees Fahrenheit.
- No TV, tablets, computers, smartphones and other screen-based gadgets at least an hour before bedtime.
- Seek consultation from a medical or dental professional.

