

What causes snoring?

Snoring occurs when air is not able to move freely through your nose and mouth during sleep. This is due to a narrowing of your airway, which causes the tissues to vibrate and make an audible sound. In extreme cases the airway can become blocked which is known as obstructive sleep apnea. Many factors can contribute to snoring such as age, nasal and sinus problems, being overweight, alcohol, smoking, medications, and sleep posture.

What is the impact of snoring?

Snoring has a number of consequences that can impact the life of a snorer and his/her sleep partner. Sleep deprivation as a result of snoring has a negative impact on health and quality of life. Snorers can experience tiredness, morning headaches, irritability, dry mouth, and relationship difficulties. Studies have also shown a link between snoring and an increased risk of heart attack and stroke*.

What are the treatment options?

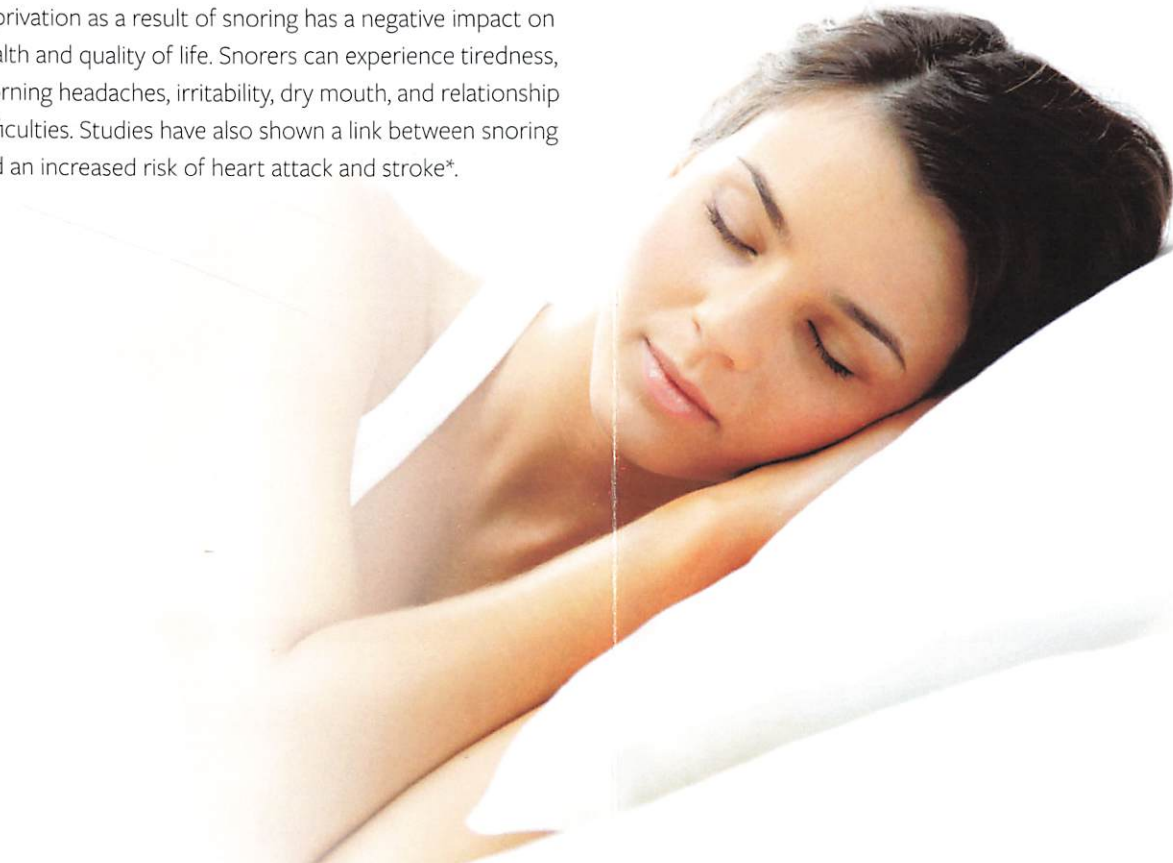
Most treatments for snoring attempt to keep the breathing passage open. Specially made dental appliances can be effective, but rely on daily compliance. Continuous Positive Airway Pressure (CPAP) systems are often used to help control sleep apnea and the snoring associated with it, however these devices can be very uncomfortable. There are surgical options available for correcting snoring which usually involve removal of tissue from the uvula and pharynx but these surgeries are invasive and can result in a lengthy and uncomfortable recovery period following the surgery.

What is NightLase®?

NightLase® is a leading-edge laser procedure for the treatment of snoring, offered exclusively with Fotona lasers. It is a **NON**-invasive, **NO** appliances, simple and an effective way of reducing or eliminating snoring.

How NightLase® Works

Laser energy is used to heat the tissues of the airway causing a tightening effect which helps to keep your airway open. NightLase® is performed with approximately three short treatments spaced over two months. Each treatment lasts 15 minutes and requires no anesthesia. The procedure is comfortable and you can resume your daily routine immediately afterwards. Results are often seen after the first session.





NIGHTLASE® treatment is a fast, **NON**-invasive, and **NO** appliances friendly way of increasing the quality of sleep.

The **NON**-surgical, **NO** appliances **NIGHTLASE**® treatment can be provided in-office, ask our friendly staff to set up your appointment today

Fotona
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(972) 598-9000 info@fotona.org

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NIGHTLASE®

Laser Snoring Treatment



A Quality Nights Sleep