



A good night's sleep is vital to one's overall health.

In our Shelby Township dental office, we've successfully treated many individuals with sleep apnea or who are heavy snorers (often a precursor to sleep apnea). Using a custom-designed, FDA approved device that's worn in the mouth during sleep, most mild to moderate sleep apnea can be resolved.

Through our years of experience, we also provide the tips below to help in achieving the best quality of sleep possible:

***Sleep on your side.***

This helps to keep your airway open & reduces the potential for heartburn and acid reflux. Elevate the head of your bed 6-8 inches. Place several pillows between the box spring and the mattress, positioned under the mattress at the head of the bed. Avoid stacking pillows under your head since it can lead to neck issues.

***Use Breathe Right<sup>®</sup> nasal strips.***

These come in small or large and it helps to purchase the appropriate size. The clear ones are best for sensitive skin. There is a helpful video on Breathe Right's website that demonstrates how it works and how to use it. Avoid generic brands and the advanced versions.

***Use nasal spray every night right before bed.***

Begin by blowing your nose to clear it. Consider a hot shower before bed since inhaling steam can loosen congestion. Our patients give us the best feedback about Flonase (available over the counter) rather than Afrin.

***Keep your bedroom dark.***

Make sure the room is perfectly dark while sleeping. You can use a mask over your eyes. Dim lights for an hour or two leading up to sleep time. Avoid using electronics with a screen within two hours of bedtime, which interferes with melatonin levels. Avoid laying down within 30 minutes of eating to avoid the risk of heartburn.

***Keep your bedroom cool.***

Studies show the ideal temperature for sleep is 65 degrees. A programmable thermostat can be set to drop the temperature down to that level late into the night and back up to more comfortable levels in the morning.

***Keep the air clean and at the right humidity.***

An air cleaner helps if your furnace system is old. Otherwise, change the air filter on your furnace every month and use one with high filtration. Use a humidifier in the winter if your house is dry. The humidity in your bedroom should be between 30 - 50%.

***Use your oral sleep appliance EVERY NIGHT.***

Once you have an oral appliance, it's important that your airway becomes accustomed to the new open path at the back of your throat down to your lungs. Regular nightly use ensures it stays open.

To discuss improving your quality of sleep or a conservative treatment for mild to moderate sleep apnea, call **586-739-2155** to arrange a free consultation.