

## What types of treatment are available for sleep apnea in Jupiter?

It is important to get enough sleep. Sleep allows us to restore our energy and give us the energy we need to get through each day. Without it, we feel tired, and when we continually do not get enough sleep, we may experience additional concerns such as an increased risk for anxiety and depression, memory loss, and difficulty concentrating. There are some reasons why we may not feel well-rested even if we've been asleep for enough hours each night, and this includes sleeping disorders.

Sleeping disorders tend to cut many individuals short on the amount of restorative sleep they achieve each night. One common disorder is that of sleep apnea. Obstructive sleep apnea is diagnosed regularly. It is a condition that keeps an individual from breathing due to a blockage in the airway. This blockage may be the tongue falling back into the throat or excess fat around the neck that pushes down while a person is resting and causes them to be unable to breathe. When the airway is blocked and you can't breathe you awaken during an apneic episode, only to fall back asleep and start the cycle over. Many individuals with obstructive sleep apnea wake up hundreds of times in one night and never reach the deeper levels of sleep that is needed.

Individuals in the Jupiter area who have been diagnosed with sleep apnea by their physician are often told they need to use a CPAP machine. This is a bulky device that is worn when sleeping to help open up the airways and allow a person to reach the restorative sleep necessary to feel well-rested by morning. However, many people do not comply with treatment because they do not like wearing the device. This is when Dr. Steven A. Burman of Burman Dental, LLC may suggest to a patient the advantages of oral appliance therapy.

Oral appliance therapy uses a special prosthetic similar to a mouth guard that is worn when sleeping. This device helps realign the jaw and hold down the tongue to keep the airway as open as possible during the night. Patients find the oral appliance to be extremely comfortable and easy to wear without being obtrusive.

For more information about Sleep Apnea Treatment, contact Burman Dental, L.L.C. today at 561-404-4325.