

Snoring

Snoring can be a persistent and sometimes serious problem that plagues some people. For many, snoring is just an occasional annoyance. If you suffer from chronic snoring, however, the problems can be serious, including:

- Chronic fatigue
- Falling asleep at the wheel or during other activities
- Headaches
- Tooth grinding (bruxism)
- Compromised immune system
- Difficulties with intellectual and physical acuity
- Weight gain

Most snoring is caused by a condition called sleep apnea, in which the soft tissues of the throat become too relaxed, causing obstruction of the airway. In many cases, this wakens the snorer several times each night.

A variety of custom solutions are available to open the airways, stop the snoring, and help you sleep well every night. After determining what causes the snoring, a specially fitted dental device may be prescribed to keep your airways open during sleep, reducing your snoring and helping you achieve better, more restorative sleep.

Please contact our office to find out how we may be able to help with your snoring concerns.