

Count me.  
I dare you.

# GOT SLEEP?

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YOUR COMPLETE GUIDE TO  
UNDERSTANDING SLEEP APNEA

PRESENTED BY



## So what's the point of this eBook anyway?

At The Maxillofacial Surgery Center, we want to inform you about the legitimate threats that come with Sleep Apnea.

Sleep Apnea is a serious disease; it's important to seek medical assistance and implement lifestyle changes to ensure breathing is regulated during sleep cycles.



Care to wager how many deaths Sleep Apnea contributes to each year?



up to **450,000**

SOURCE

(That's a lot of zeros.)

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# *TYPES OF APNEA*

## Sleep Apnea is no joke.

In America, Sleep Apnea is estimated to affect **12 million people**.

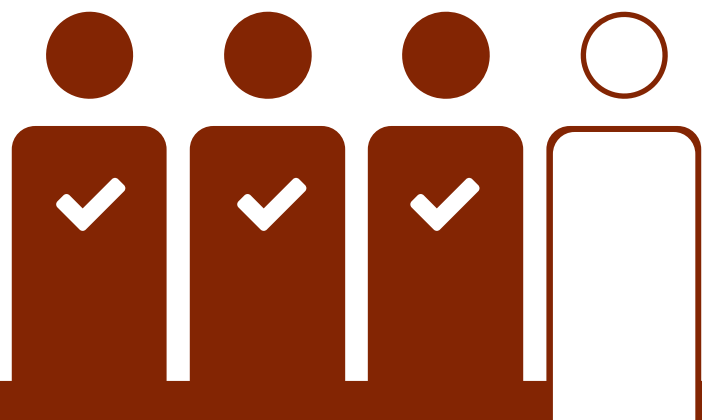
Of those 12 million, 80% suffer from cases of moderate to severe Sleep Apnea (learn about the levels of severity starting on page 9).

If left untreated, Sleep Apnea can lead to **high blood pressure, chronic heart failure, atrial fibrillation, stroke, and other cardiovascular problems**. But that's not all. People who suffer from Sleep Apnea are more likely to have type 2 diabetes and suffer from depression.

Sooooo, Sleep Apnea is actually kind of a big deal.

**75%**

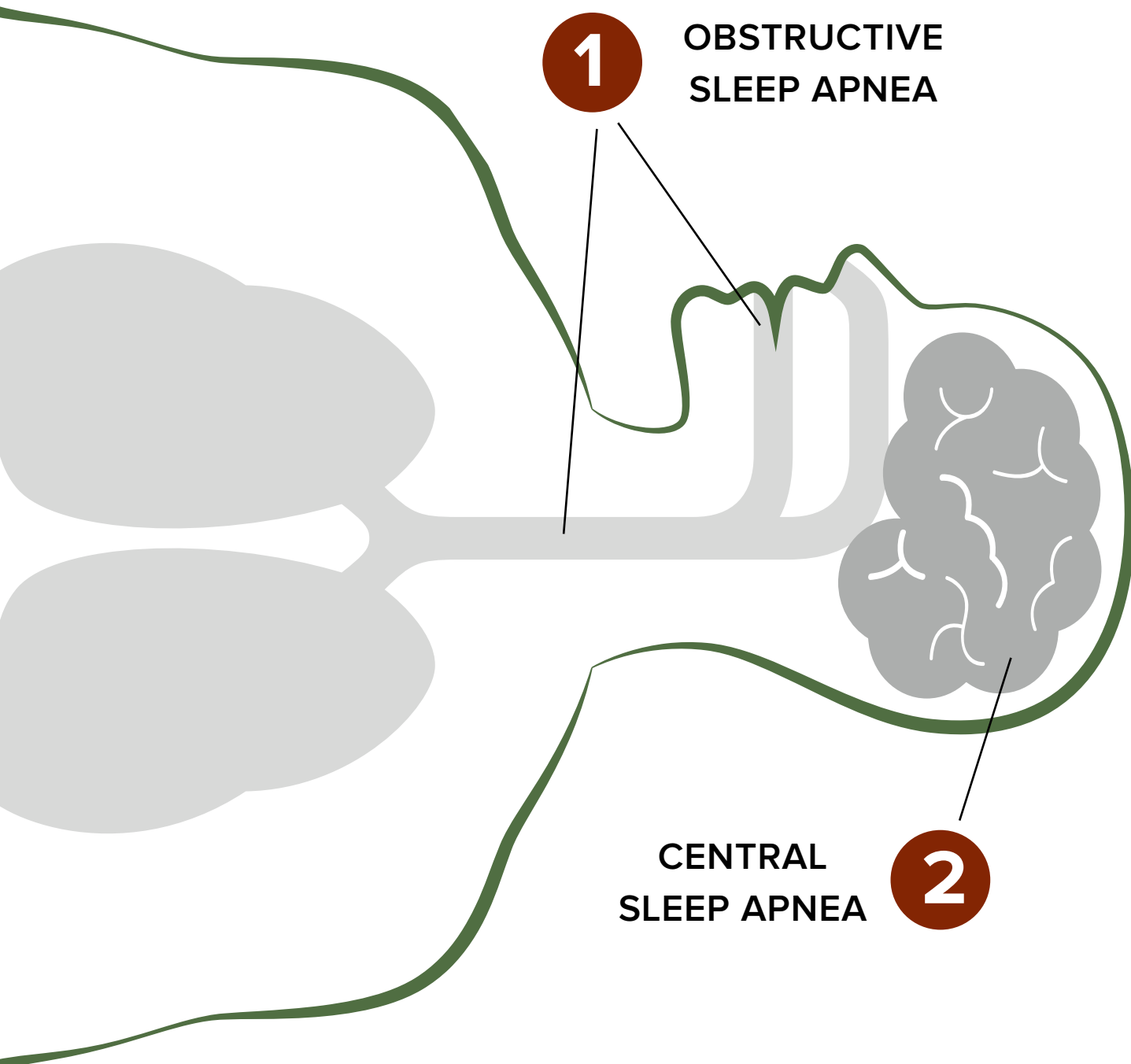
of people who snore  
have Sleep Apnea



SOURCE

# *THERE ARE 2 KINDS OF SLEEP APNEA*

Know the difference.



## 1 Obstructive Sleep Apnea

**Obstructive Sleep Apnea is when the airway collapses** (or partially collapses) during sleep, blocking (or limiting) the flow of air into the lungs.

You try to continue to breathe, but the harder you try, the tighter the airway closes. Eventually your brain “wakes up” to a lighter level of sleep. You reposition your jaw and tongue to open the airway – usually with a gasp or snort. Usually the whole process starts all over again. This can happen hundreds of times a night!

## 2 Central Sleep Apnea

In central Sleep Apnea, breathing is disrupted regularly during sleep because of the way the brain functions. It’s not that you can’t breathe (which is true in obstructive Sleep Apnea); rather, you don’t try to breathe at all.

**The brain does not tell the muscles to breathe.** This type of sleep apnea is usually associated with serious illness, especially an illness in which the lower brain stem – which controls breathing – is affected. In infants, central Sleep Apnea produces pauses in breathing that can last 20 seconds.

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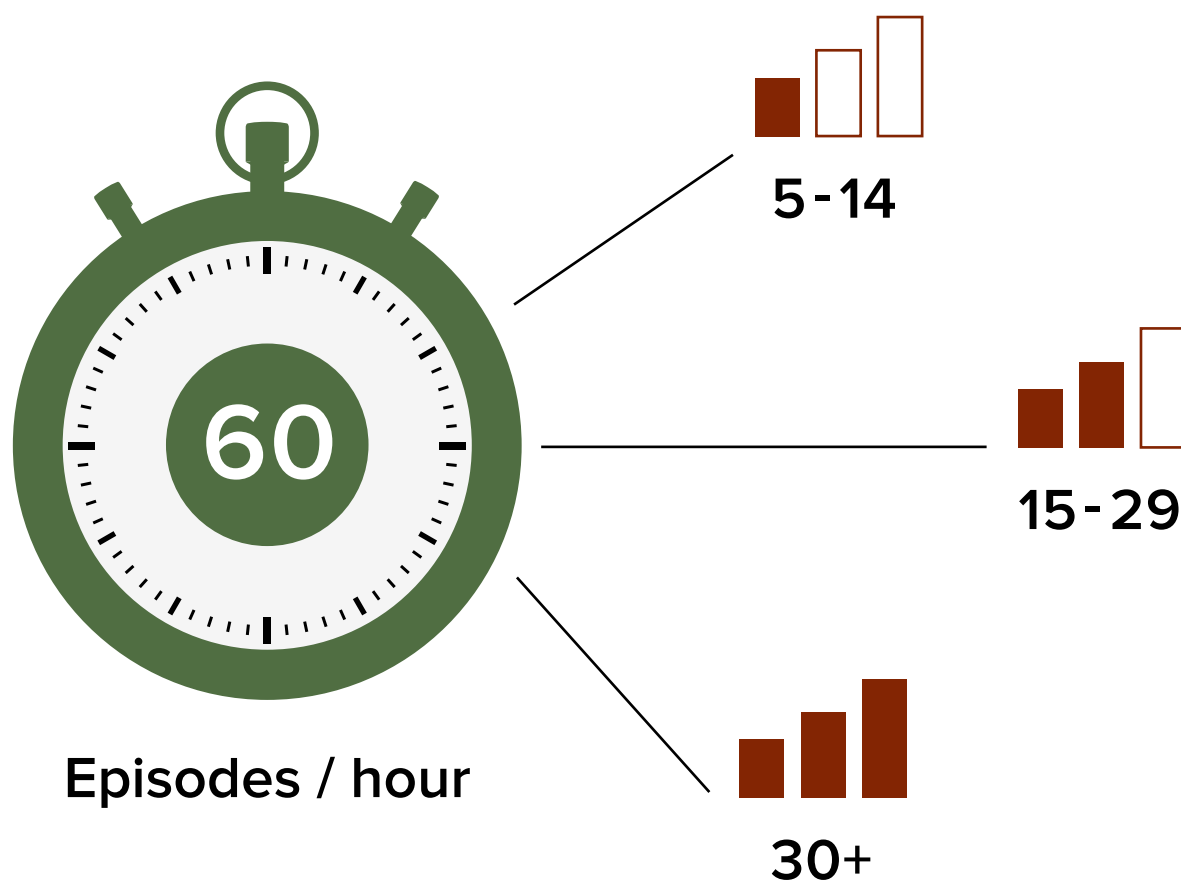
# *STAGES OF APNEA*



## There are three stages of Sleep Apnea

If you have Sleep Apnea, you are likely missing *at least* one stage of the necessary sleep cycle required for maintaining optimal health.

It is worth noting, however, that there are differing levels of severity.





## Mild Apnea

Mild apnea is defined as 5 to 14 episodes of apnea or reduced airflow to the lungs every hour.

Some symptoms may include drowsiness or falling asleep during activities that do not require much attention, such as watching television or reading.

These symptoms may **cause only minor problems** at work or while spending time with friends or family.



## Moderate Apnea

Moderate apnea is defined as 15 to 29 episodes of apnea or reduced airflow to the lungs every hour.

Symptoms may include drowsiness or falling asleep during activities that require some attention, such as attending a concert or a meeting.

These symptoms may **cause moderate problems** with work or social functioning.



## Severe Apnea

Severe apnea is defined as 30 or more episodes of apnea or reduced airflow to the lungs every hour.

Symptoms may include drowsiness or falling asleep during activities that require active attention, such as talking, driving, or walking.



These symptoms have the potential to **cause severe problems** with both work and social functioning.

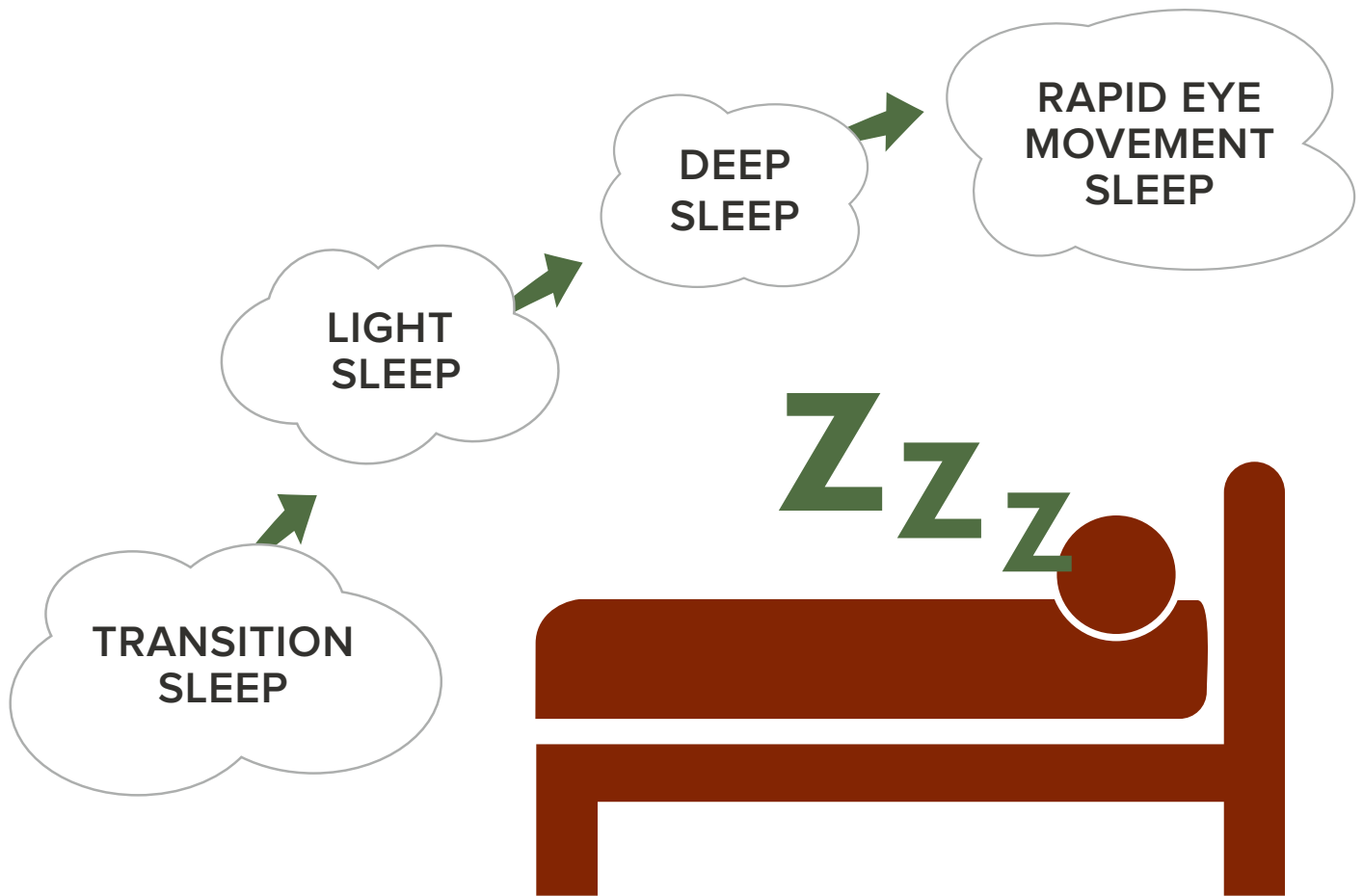
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# *STAGES OF SLEEP*

## The four main stages of sleep

When you take into account you could be disturbing your sleep cycle anywhere from 15-30+ times an hour, it's impossible to ignore the gravity of the situation.

The Maxillofacial Surgery Center has made it their personal mission to help you and your loved ones, which is why they are sharing facts about Sleep Apnea, a deadly disease.



## You need R.E.M. (not the band)

### ➔ STAGE ONE: TRANSITION SLEEP

Transition sleep should account for roughly 5% of total sleep time.

### ➔ STAGE TWO: LIGHT SLEEP

Light sleep should account for about 45% of total sleep time.

### ➔ STAGE THREE: DEEP SLEEP

Deep sleep is when the body heals itself and performs many important reparative functions.

Ideally, this should account for 25% of total sleep time. People who have a lack of deep sleep tend to be physically tired.

### ➔ STAGE FOUR: RAPID EYE MOVEMENT SLEEP (R.E.M.)

R.E.M. is where most of your memorable dreaming comes from for the night.

R.E.M. should also account for about 25% of your sleep time. People that have a lack of R.E.M. sleep tend to feel mentally tired and have a difficult time concentrating.

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# *SYMPTOMS OF APNEA*

## Sleep Apnea has many warning signs

If your nightly rest doesn't regularly achieve all four stages of the sleep cycle, you may be putting yourself at risk of bodily harm (not to mention those around you!).

Obviously, it would be preferable to be alert - and awake - enough to function properly in your daily life.

Ask yourself:

*“Do I experience any of these symptoms?”*

Daytime sleepiness

Insomnia

Loud snoring

Swelling of the legs

Morning headaches

Heartburn or sour taste in your mouth

Attention problems



## Apnea affects other medical conditions

As we mentioned, Sleep Apnea contributes to 450,000 deaths each year. This doesn't even take into account the other medical problems Sleep Apnea has a direct effect on.

- |                              |                      |
|------------------------------|----------------------|
| [ ] High blood pressure      | [ ] Type II diabetes |
| [ ] Erectile Dysfunction     | [ ] Weight gain      |
| [ ] Fibromyalgia             | [ ] Acid reflux      |
| [ ] Increased risk of stroke | [ ] Hypertension     |



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**People with Sleep Apnea are five times more likely than normal sleepers to have traffic accidents.**

SOURCE

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*LIFESTYLE  
CHANGES*

## Lifestyle changes can help reduce snoring

While these suggestions aren't cures (and may not work for everyone), they may alleviate symptoms until you meet with our team.



### Avoid Alcohol

Alcohol and sedatives reduce the resting tone of the muscles in the back of your throat, making it more likely that you'll snore.



### Lose Weight

If you gained weight and then started snoring - but didn't snore before you gained the weight - then weight loss may help you.



### Change your sleep position

Laying on your side instead of your back helps ensure your tongue doesn't relax against the back of your throat, causing the vibrating sounds during sleep.

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*GET HELP*

## Find solutions with medical help

If you believe you or your loved one suffers from Sleep Apnea, it's important to seek medical attention.

We consider it a top priority to ensure you live a long and healthy life.



The Maxillofacial Surgery Center, we truly do take a personal interest in you and your well-being.

## Two options

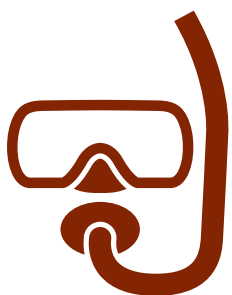
When searching for tools to help find relief from Sleep Apnea, you have two common choices: a **CPAP Machine** or an **Oral Appliance**.

Read on to learn about the difference between these options and see why The Maxillofacial Surgery Center is the obvious choice.

## CPAP Machine vs. Oral Appliance

A CPAP (Continues Positive Airway Pressure) Machine increases air pressure in your throat so your airway doesn't collapse while you sleep.

Unfortunately, with the CPAP machine, you must wear a mask that has a hose attached to it.



Have you ever tried to breathe through a snorkel? At least under water, you get to see some cool fish.

CPAP Machines are:



Big



Cumbersome



Noisy



Awkward

The CPAP Machine can also lead to a sore throat, dry nose, abdominal bloating, and irritation of the eyes and facial skin.

## CPAP Machine vs. Oral Appliance

CPAP sounds awesome, right? Well, thankfully, we have a healthier, more relaxing alternative for you: an **Oral Appliance**.



An Oral Appliance is custom fit to your mouth, so you can freely move throughout the night.

Oral Appliances are:



Small



Comfortable



Noiseless



Custom made for you

You can easily transport your oral appliance on trips, and due to its small size, it is subtle and discreet. Ask us if an Oral Appliance is right for you.

## Ready for results? Contact us today!

If you recognized signs of Sleep Apnea throughout this Ebook and want to do something about it, please contact our office today and reclaim your rest.

The Maxillofacial Surgery Center would love to help you (or your loved one) achieve the sleep you deserve.



VISIT US ONLINE!

480.279.5949



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*CALL DR.  
WILSON*

(Seriously.)