

# Venetian Pointe Dentistry

A Newsletter Prepared by Drs. Rampi and Palmer

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## The Silent Nite<sup>®</sup>

### A Dental Appliance Designed to Alleviate Snoring and Sleep Apnea

*Sleeping next to someone who snores can be annoying. However, a more serious condition that oftentimes accompanies snoring is a potentially serious medical condition commonly referred to as sleep apnea. Wearing a dental appliance can provide relief in the symptoms associated with this and possibly can eliminate the apnea all together.*

*As someone who has personal experience with obstructive sleep apnea (OSA), I truly enjoy helping patients manage this frustrating condition. For years, my wife begged me to have a sleep study conducted. My snoring was causing a strain on our marriage with so many restless, exhausting nights. I can't count how many times that I slept on the couch in order to give Erin some decent rest.*

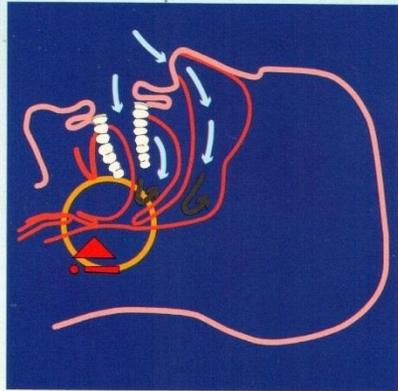
*Eventually, I agreed to undergo a sleep study and I was surprised to find out that I had a diagnosis of mild obstructive sleep apnea. Following my diagnosis, I asked a colleague to fabricate a Mandibular Advancement Device (MAD). The change was remarkable. I now have more energy every day, my wife is better rested, and, most importantly, I'm not on the couch anymore!*

*This article pertains to "The Silent Nite sl<sup>®</sup>". This is a Mandibular Advancement Device provided by Glidewell Laboratories located in Newport Beach, California. After wearing a comparable MAD for the*

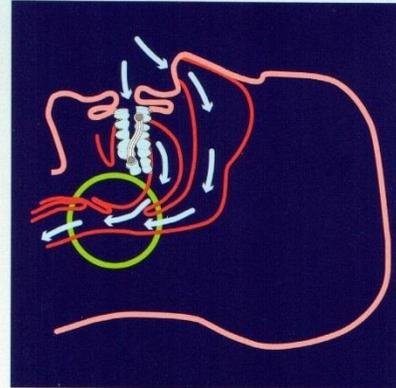
*past few years, Dr. Rampi recently had fabricated The Silent Nite sl for me. While the original appliance was very effective, I found it to be bulky and uncomfortable. Personally, I have found The Silent Nite sl to be a dramatic improvement in comfort and ease of use. A photograph showing a Silent Nite sl appliance is shown below<sup>A</sup>. I hope you find the information contained within this article to be useful. Dr. Justin Palmer*



Appliances have been used by dentists to aid in the treatment and relief of sleep apnea beginning in the early 1980s. The basic premise in its usefulness is to open a person's airway while sleeping by protruding the lower jawbone. The concept of mandibular advancement is similar to the first step in the conventional training in CPR (cardiovascular resus-



*Relaxed and collapsed airway produces soft tissue vibrations during breathing, which result in snoring.*



*The Silent Nite sl device prevents snoring by opening the airway and making breathing easier.*

citation). The “ABC’s” in CPR are Airway, Breathing, and Circulation. In CPR, “Airway” refers to a “head tilt and chin lift” technique to open the victim’s airway. This (the chin lift) is what is provided by The Silent Nite.

The fabrication of the Silent Nite begins with obtaining a history from the patient regarding the nature of their concern and the severity of the condition. Once it has been determined by the dentist that the patient is a suitable candidate and the patient consents to treatment, impressions are made of the upper and lower teeth. The plaster models poured from these impressions are shipped to Glidewell Laboratories where the appliance is fabricated. Typically, the appliance is received three weeks after the impressions are made and the appliance is checked for proper fit. Detailed instructions are then provided to the patient.

Unfortunately, the story mentioned on the previous page is all too familiar in many American households today. Current estimates find that 40% of Americans<sup>5</sup> (approx. 90 million) are affected by snoring and that doesn’t include all of the family members that are indirectly involved. Of those 90 million snorers, 25% (an estimated 22 million) suffer from sleep apnea.<sup>1</sup> Even more alarming, over 80% of sleep apneic patients remain undiagnosed.

There are obvious social and relational difficulties associated with snoring and sleep apnea, but what are the potential health risks? Research shows that the combination of disturbed sleep patterns and low blood oxygen can play a significant role in hypertension, heart disease, mood, and memory disorders.<sup>3</sup> The frequent struggle to breath can cause rapid, short-term spikes in blood pressure which can damage the carotid artery walls and increase the risk of stroke.<sup>2</sup>

Given the social and significant health risk factors associated with snoring and/or sleep apnea, this is not a condition to be taken lightly. Please, do not hesitate to contact our office if you have any questions or would like to schedule an appointment with Dr. Rampi or me to a consult about this appliance. JP

### References

1. American Sleep Apnea Assn. *web-link*. Nov 2017.
2. Friedlander AH. Calc carotid artery atheromas. *J Oral Maxillofac Surg*. 1998;56(8):950-4.
3. National Sleep Foundation. *web-link*. Nov 2017.
4. *Silent Nite Slide-Link* (Brochure) Glidewell Laboratories
5. Young T, Palta M, et al. Sleep-disordered breathing. *N Engl J Med*. 1993;328(17):1230-5.