

Sleep is essential to good health . . .

Studies show that during healthy sleep cycles we deal with both emotional stressors and physical ailments, providing our bodies with uninterrupted time to heal and refresh.

- **Snoring affects over 65% of adults**, as well as their families who are often kept awake by the noises, tossing and turning of the sufferer.
- **Sleep Apnea**, a condition where breathing actually stops during sleep, not only keeps 25% of adults from sleeping, but it also leaves them gasping for air continuously throughout the night.

If you snore, if you've been diagnosed with **Obstructive Sleep Apnea (OSA)**, or if you share a life with someone who suffers from either of these conditions, you know how tired you are of being tired.

We'd like to help

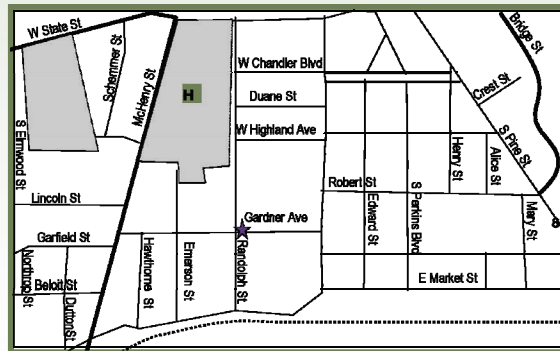


The Dental Sleep Apnea, Snoring & TMJ Treatment Center specializes in Oral Appliance Therapy (OAT) - a non-invasive alternative to CPAP and surgery that can help you reclaim the refreshing, rejuvenating sleep you need improve and maintain your health.

We welcome you to our treatment center so you can welcome better health



Dental Sleep Apnea, Snoring & TMJ Treatment Center
190 Gardner Ave., Suite 5
Burlington, WI 53105
Phone 262.342.0191
Fax 262.763.7034
E-mail Info@DSASTMJ.com
www.DSASTMJ.com



**Are you
Tired of
Being
Tired?**

If snoring or sleep apnea has you losing sleep, you may be losing more than you think.



Unobstructed breathing is essential to good sleep . . .

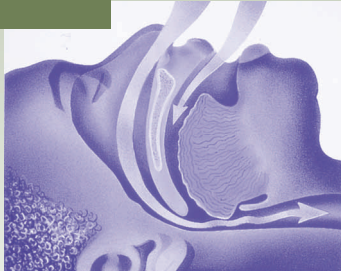
NORMAL BREATHING

In normal breathing, your airway remains open and breath flows easily.



SNORING

A narrowed airway vibrates when breath passes through, producing snoring.



SLEEP APNEA

The airway is blocked and airflow is interrupted.



Does sleep apnea really do much more than disturb my sleep?

Beyond the fatigue that results from lack of restful sleep, studies show sleep apnea can cause:

- ✓ Memory problems
- ✓ Headaches
- ✓ Irritability
- ✓ Weight gain
- ✓ Problems with concentration
- ✓ Slowed healing times

Left untreated, sleep apnea has been linked to impaired ability to work, driving problems, heart disease, high blood pressure and pulmonary problems.

What can be done?

Proper diagnosis by a physician is recommended. A sleep study will let you know how often your sleep is disturbed during the night and help determine the best course of treatment. For severe cases of sleep apnea, a CPAP (continuous positive airway pressure) machine is usually the first prescribed step. For patients who cannot tolerate CPAP or for those whose sleep apnea is mild to moderate, another option to consider is Oral Appliance Therapy.

What is Oral Appliance Therapy?

Oral appliances are worn only during sleep and are similar to orthodontic retainers in appearance. Custom made to fit, oral appliances work by advancing your lower jaw during sleep to keep your airway open. This proven, non-invasive treatment is provided by dentists who have been extensively trained to fit and adjust the appliances, as well as to monitor treatment progress.



Dr. Charles Schneider



A graduate of Marquette University School of Dentistry, Dr. Schneider has been in practice for over 35 years, 20 of which focused on neuromuscular dentistry and the treatment of TMJ disorders. Additional education and certification led to the addition of treatment for snoring and sleep apnea conditions with oral appliance therapy. A leader and teacher in his area of expertise, Dr. Schneider is also the founder of the Dental Sleep Apnea, Snoring and TMJ treatment center in Wisconsin.