

## **SLEEP APNEA**

### **ZZZ Facts!**

1. 75 million people in the U.S. suffer from snoring.
  
2. As many as 18 million Americans suffer from undiagnosed and untreated sleep apnea, a condition in which the airway completely closes during sleep.
  
3. Snoring & Sleep Apnea increase the risk of hypertension, heart disease and stroke.
  
4. Oral appliances offer non-invasive treatment. Surgery is invasive and costly with unpredictable results, while cumbersome CPAP is worn by less than 50% of its owners.
  
5. 60% Males and 40% Females over the age of 60 snore.
  
6. Loudness of snoring can reach as high as 90 decibels, the range that ear protectors are required in the workplace.
  
7. Several states have announced legislation that requires commercial drivers undergo medical evaluation for sleep disorders before issuing renewal licenses.
  
8. Recently published research (*April 1997 Thorax*), establishes dental **appliances as the first line of treatment for snoring and mild to moderate sleep apnea.** Ten of the eleven patients successfully treated with both the CPAP and the dental appliance preferred the dental appliance as their long term treatment option.