

Snoring & Sleep Apnea

# Self-Awareness Toolkit

*Snoring: Your Dentist Can Test So You Can Rest*



SNORING ISN'T *Sexy*®

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# S Self-Awareness Toolkit

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## *Snoring & Sleep Apnea*

Snoring is more than an annoyance. It's both a symptom and a condition that signals serious, potentially deadly, health problems.

Snoring and Obstructive Sleep Apnea go hand-in-hand, and can lead to heart disease, stroke, brain damage, Diabetes, obesity, high blood pressure, and accidental injury. Your dentist can not only help detect whether you have these conditions with a screening evaluation, but offer a possible solution in the form of an oral appliance. Many patients who suffer from snoring and OSA cannot tolerate CPAP machines; likewise they have decided against surgery, which is irreversible.

# Snoring & Sleep Apnea Self-Awareness Toolkit

*45% of men, women and children snore and 20 million people in the United States alone are estimated to have sleep apnea. Of these only about 10% have been diagnosed and treated.*

*Each year an estimated 50,000 people are involved in Motor Vehicle Accidents (MVA) directly related to sleep apnea. Insurance cost per accident is approximately \$80,000. The total estimated insurance cost for MVA related to sleep apnea is \$ 4 Billion*

*38,000 people die each year from complications of sleep apnea (i.e. heart attack, stroke etc.). The cost of health care in the ER or ICU is in excess of \$ 50,000 per patient . The total estimated cost is \$ 1.9 Billion*

*Productivity ratio is at least 10% less in people who suffer from sleep apnea That is estimated to costs the US economy \$ 75 Billion each year*

*- American Sleep Apnea Association*



The good news is that both snoring and sleep apnea are treatable. Treatment options range from CPAP (continuous positive air pressure) to convenient, comfortable and effective oral appliances.

That's why Snoring Isn't Sexy® has created this Snoring and Sleep Apnea Self-Awareness Toolkit. This kit contains several self-administered questionnaires and tests that you can take to your physician or dentist to start a conversation about sleep-breathing disorders and health.



## About Snoring Isn't Sexy, LLC

Snoring Isn't Sexy, LLC was founded in 2008 and is dedicated to educating the public about dentistry's role and responsibility in the recognition and management of snoring and sleep apnea. The dentists associated with Snoring Isn't Sexy, LLC feel strongly that management of sleep-breathing disorders is a shared responsibility of both the medical and dental professions.

Snoring Isn't Sexy, LLC consists of independently owned and operated affiliated offices.

Visit <http://www.SnoringIsntSexy.com> for a directory of all participating dentists.

The questionnaires provided here are not substitutes for a medical and dental consultation and are not intended to be used as such. If you suspect that you have sleep apnea, it is essential that you consult with a qualified physician or dentist.

Neither snoring nor sleep apnea should be taken lightly as your health is at stake. Recent research is beginning to explore the complex interrelationship between sleep apnea and these other medical problems. Management by a dentist should always involve interaction with your family physician, cardiologist, pulmonologist and/or endocrinologist.

And beware of dentists who claim they have a "secret" process or an "exclusive appliance" that only they can use. Ask about diagnostic devices as well as the oral appliances that are used and about the science that supports their use. All effective and FDA approved appliances are available to ALL dentists with no restrictions as to their use.

## *What are the qualifications for a dentist who provides oral appliance therapy?*

The dentist you choose to treat your problem with sleep disordered breathing must be properly educated and with adequate experience. Legally, any dentist can treat snoring and/or sleep apnea with an oral appliance, however, that does not mean that every dentist has the necessary experience and training to provide proper therapy. Because no special qualifications are required it is your responsibility to choose your dentist wisely.

A qualified dentist should have

- Appropriate knowledge of sleep medicine
- Adequate training in oral appliance therapy
- Experience with many appliance types
- A team approach with other professionals
- Ability to derive maximum insurance benefits
- A follow up system to ensure long term healthful results.

Since sleep disorders dentistry is not a recognized specialty, it is your responsibility to thoroughly evaluate a dentist's qualifications to perform this MEDICAL therapy. As mentioned above, any dentist can legally treat snoring and sleep apnea but obstructive sleep apnea is a serious medical problem that has been associated with cardiac problems, high blood pressure, stroke, diabetes, ED and numerous other medical problems.



## What's Your Snore Score™?

Yes No

- 1. Are you a loud and/or regular snorer?
- 2. Have you ever been observed to gasp or stop breathing during sleep?
- 3. Do you feel groggy or tired upon awakening, or do you awaken with a headache?
- 4. Are you often tired or fatigued during wake time hours?
- 5. Do you fall asleep sitting, reading, watching TV or driving?
- 6. Do you often have problems with memory or concentration?

If you have one or more of these symptoms you are at higher risk for having obstructive sleep apnea. If you are also overweight, have a large neck, and/or have high blood pressure the risk increases even further.

If you or someone close to you answers “yes” to any of the questions, you should discuss your symptoms with your physician or qualified dentists.

Different treatment options exist, the one that is right for you depends on severity, anatomic structure, and other aspects of the disorder. At times a combination of therapeutic options may be necessary. Your physician and dentist are the ones who will work with you to choose the best treatment option.



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The Epworth Sleepiness Scale is used to measure the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is considered very sleepy. If you score 10 or more on this test, you should consider whether you are getting enough sleep and the need to see a sleep specialist or specially trained dentist.

Use the following scale to choose the most appropriate score for each situation:

- 0 = would never doze or sleep
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dazing or sleeping

**Situation** **Chance of Dozing or Sleeping**

Sitting and reading .....	_____
Watching TV .....	_____
Sitting inactive in a public place .....	_____
Being a passenger in a motor vehicle for an hour or more .....	_____
Lying down in the afternoon .....	_____
Sitting and talking to someone .....	_____
Sitting quietly after lunch (no alcohol) .....	_____
Stopped for a few minutes in traffic while driving .....	_____

**Total Score (add the scores up) .....** **\_\_\_\_\_**  
 This is your Epworth Score

### The Epworth Sleepiness Scale

People who have untreated sleep apnea have an increased chance of automobile accidents and a wide variety of serious medical problems.

One common symptom of the fragmented sleep so common in sleep apnea is excessive daytime sleepiness. The Epworth Sleepiness Scale measures how likely you are to fall asleep in some common situations you encounter in day-to-day life.





## Neck Size and Sleep Apnea

In men, a shirt collar size of 17 inches and above and in women, a shirt collar size of 16 inches and above can increase the possibility of obstructive sleep apnea. A more accurate neck size correlation test was described in the New England Journal of Medicine, Volume 347, pages 498-504 in 2002.

Neck Size (in centimeters - to convert from inches multiple by 2.54) .....

If you have high blood pressure, add 4 .....

If you snore, add 3 .....

If you have been told that you gasp or choke during sleep, add 3 .....

**TOTAL** .....

A score of less than 44 means that you have a low risk of sleep apnea, a score of 44 - 48 means you have a moderate risk of sleep apnea and a score of 48 or above means you have a high risk of sleep apnea. The fact that you took this test at all indicates that you are concerned about yourself or a loved one having a problem with obstructive sleep apnea. This test or the ones that precede are no substitute for speaking with your physician or qualified dentist about the possibility of having this disorder and getting a sleep test to confirm the diagnosis. It is very important for your health and longevity to be screened for both snoring and sleep apnea.



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