

OBSTRUCTIVE SLEEP APNEA

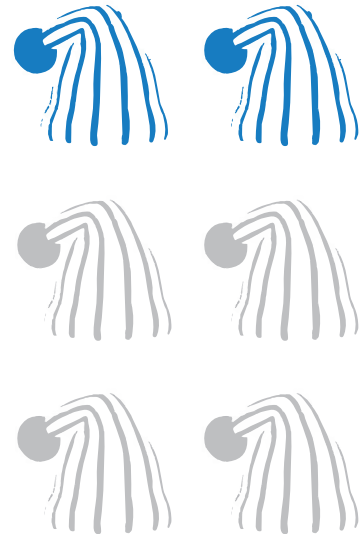
about

60

million American
adults have sleep or
wakefulness disorder.

& twenty two

million suffer from sleep apnea.



sleep apnea
IS ASSOCIATED WITH



diabetes



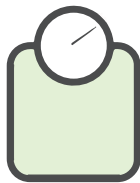
asthma



acid reflux



high blood
pressure



weight gain



heart failure



car accidents



OSA DEFINED

Obstructive Sleep Apnea is the cessation of air flow into the lungs for at least 10 seconds, while hypopnea is a decrease in airflow that occurs during sleeping.

Obstructive Sleep Apnea Screenings

Epworth Sleepiness Scale

- | | | |
|---|--|----------------------------------|
| 0 | | would never doze |
| 1 | | slight chance of dozing |
| 2 | | moderate chance of dozing |
| 3 | | high chance of dozing |

STOP-BANG Questionnaire

- | | |
|---|---|
| S snoring loudly? | B BMI > 35? |
| T tired daytime sleepiness? | A age over 50? |
| O has anyone observed you stop breathing while you are asleep? | N neck circumference > 15.75 in? |
| P treated for high blood pressure? | G gender male? |

ORAL MANIFESTATIONS

bruxism

worn, chipped, cracked teeth

scalloped or large tongue

narrow palate

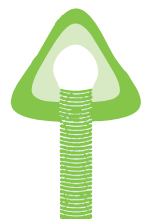
enlarged uvula

dry mouth

treatment



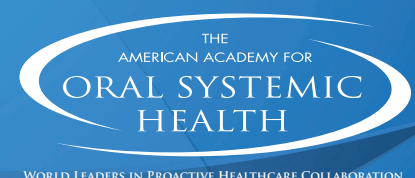
Oral appliances help prevent the collapse of the tongue and soft tissues in the back of the throat, keeping the airway open during sleep and promoting adequate air intake.



CPAP, or continuous positive airway pressure, is a treatment that uses mild air pressure to keep the airways open.

References

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WORLD LEADERS IN PROACTIVE HEALTHCARE COLLABORATION