

HOW IMPORTANT IS SLEEP?

IT'S ALL IN THE NUMBERS

Most adults need

7 - 9

hours of sleep for peak alertness and energy

34% of adults reported that they fell asleep at the wheel of their car in the past year

67% of adults said that sleep deprivation affected their work, which translates into a **\$90 billion** loss in productivity

A good night of sleep is very important to our overall health and ability to function effectively throughout the day. However, when our lives become busy, sleep becomes less of a priority for many of us. William C. Dement, MD, PhD, the Dean of Sleep Disorders Research and Professor Emeritus at Stanford University, states: "Americans have gotten the message that good nutrition and plenty of exercise are important for health, but we have not paid enough attention to the third pillar of good health, which is adequate sleep."

THE ROLE OF SLEEP IN MAINTAINING HEALTH

Sleep is vital for maintaining brain health

- Proper sleep maintains healthy brain function and clear thinking
- During sleep, toxins are cleared from the brain
- Healthy sleep maintains memory function
- Healthy sleep promotes a positive outlook and reduces anxiety and depression

Sleep is important for maintaining the overall health of your body

- Sleep helps balance your metabolism
- Sleep is key to managing your weight
- Sleep helps balance your hormone levels
- Sleep is a key element for immune function to keep you healthy
- Proper sleep reduces inflammatory processes, helping to reduce heart disease and joint/muscle pain.

Sleep is key to optimal performance at home, work and in the gym

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SIMPLE RECOMMENDATIONS FOR IMPROVING YOUR QUALITY OF SLEEP

- 1 Establish a consistent pre-sleep routine.**
It is important to incorporate time to “wind down” from your daily activities.
- 2 No electronics within 1 hour of bedtime.**
You will be able to sleep more restfully if you dim screens (computer, phone, TV, etc.) and dim lights in the house in the evening.
- 3 Minimize light, noise, and temperature extremes in the bedroom.**
- 4 The bedroom is for sleep and sexual activity only.**
Other activities such as reading, watching shows on TV or a computer, or listening to the radio should be done outside of the bedroom.
- 5 Avoid large meals just before bedtime.**
Small snacks before bedtime are fine.
- 6 Avoid strenuous exercise within two to three hours of bedtime.**
We recommend that you exercise, but it is best done earlier in the evening or daytime because it can elevate body temperature and cause difficulty falling asleep.
- 7 Avoid caffeine, nicotine, or other stimulants within four hours of bedtime.**

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WHAT IMPACT DOES SNORING HAVE ON ME?

A calm, quiet setting is important to restful sleep. Snoring interrupts that restful quiet. Usually people do not hear themselves snore, but snoring can cause disrupted sleep for both the snorer and the snorer's sleeping partner. It can lead to daytime sleepiness and fatigue, which can affect the ability to function effectively at home and at work, and could lead to health problems. It is important to eliminate snoring so everyone can get a restful night's sleep and maintain good health.

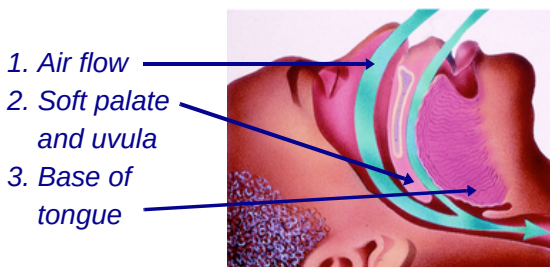
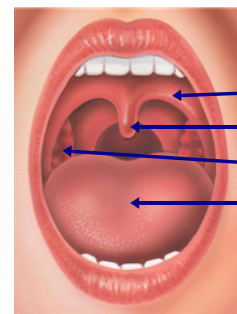
If you snore, you are not alone in your struggle to find a solution to this problem. Statistics indicate that **approximately 50% of adults over the age of 40 snore**. That means that **over 100 million Americans are habitual snorers**, and that number will continue to grow dramatically because the factors that cause snoring continue to be prevalent in our population.

Normal, smooth, unobstructed breathing is key to getting a restful night's sleep.

WHAT IS "NORMAL" BREATHING?

Keeping the air passages open during sleep is critical to normal breathing. As you breathe, air passes through the nose, mouth and inward into your lungs, moving past the following structures in the nose, mouth and throat:

- 1. Soft palate:** Soft curtain of tissue which is an extension of the palate at the back of the throat. This palatal tissue blocks the opening between the mouth and nose during swallowing.
- 2. Uvula:** Floppy finger-like projection of tissue that hangs from the middle of the soft palate.
- 3. Tonsils:** Sack-like structures along the side walls at the back of the throat. These tissues are part of the body's immune system.
- 4. Tongue:** Large muscle at the floor of the mouth that is important for taste, speech, chewing, and swallowing.



While you are awake, these structures actively maintain an open air passage so you can breathe easily. During sleep, these structures relax. For non-snorers, the airway stays clear so air can move easily into the lungs. But for snorers, this is not the case, and it can have a significant impact on their sleep.

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