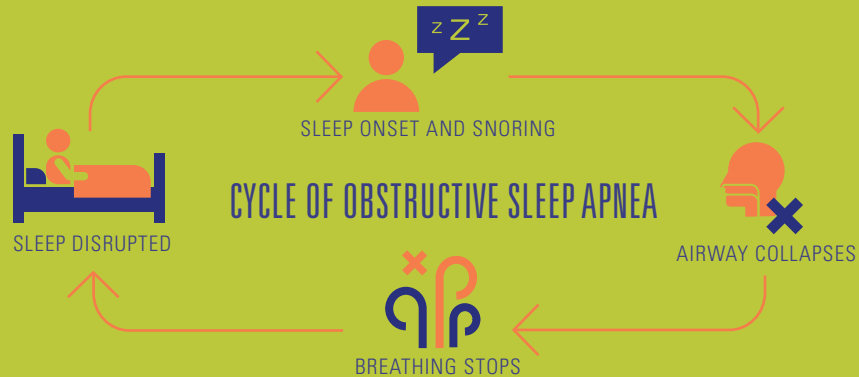


APPROXIMATELY 50% OF ADULTS SNORE. THAT'S OVER 100 MILLION PEOPLE IN THE UNITED STATES.

Sleep is essential to good health. During sleep, the body and mind heal, restore and recharge, clearing out toxins and the effects of daily life. Without healthy sleep, the risk of physical and mental ailments is increased—both long and short term. Study after study links quality sleep to improved memory, fewer aches and pains, decreased risk of chronic diseases like high blood pressure and heart disease and many other health problems.



DR JONATHAN PARKER



DR JEFFREY FORSLUND



DR KEIRA NICHOLSON



DR BENJAMIN STEIN

WHY CHOOSE THE SNORING AND SLEEP APNEA DENTAL TREATMENT CENTER FOR YOUR CARE?

We are known locally and nationally as the dental leaders in treating snoring and sleep apnea. We have over 30 years of combined experience and expertise in using oral appliance therapy which has led to more success for our patients. We work closely with physicians and sleep disorder centers to effectively manage patient care using oral appliance therapy.



SNORING & SLEEP APNEA DENTAL TREATMENT CENTER

7225 Ohms Lane, #180, Edina, MN 55439
or
106 Douglas St., St. Paul, MN 55102
snoringandsleepapneamn.com



RECLAIM ENERGY & FOCUS

LIVE FULLY



We have helped thousands of people like you resolve their snoring and sleep apnea problem and reclaim quiet, restful sleep, improve their health and experience renewed energy. You're invited to be one of them.

THE EFFECT OF SNORING & SLEEP APNEA

When a patient suffers from snoring or sleep apnea they experience disrupted sleep and stoppages in breathing night after night. This affects their overall health and well being, can lead to both physical and mental health issues, and has been shown to increase the likelihood of chronic health problems.

THE IMPORTANCE OF TREATING OBSTRUCTIVE SLEEP APNEA

Left untreated – risk is multiplied

4x greater risk of stroke

3x greater risk of death from cardiovascular disease

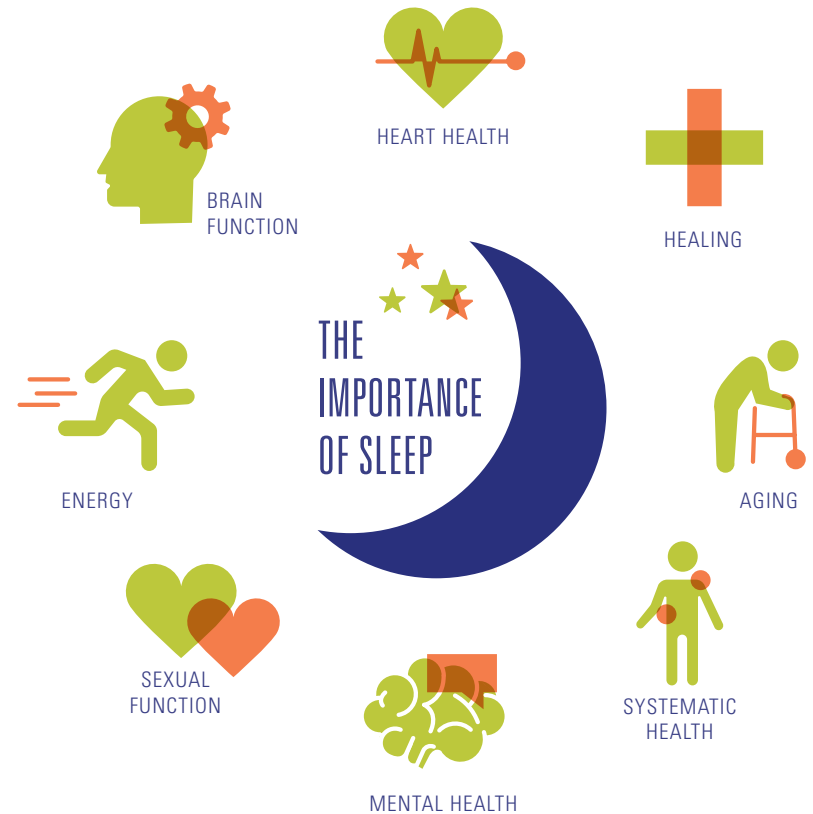
2-5x greater risk of developing cancer

SLEEP APNEA – A MAJOR CONTRIBUTOR TO MANY HEALTH PROBLEMS:

High blood pressure
OBESITY Heart disease
 Erectile dysfunction **DEPRESSION** **CANCER** Dementia
DIABETES
 Fatigue/ sleepiness

WHAT CAN BE DONE?

There are a number of options for the sleep apnea sufferer. While CPAP is usually the first treatment option offered, many patients are unable to tolerate CPAP for a number of reasons. When that happens, or for patients who know in advance that they are unwilling to comply with that form of treatment, oral appliance therapy may be a successful option.



OUR SOLUTION

- Oral appliance therapy
- An oral appliance is a small acrylic device that fits over the teeth, similar to an orthodontic retainer
- The device slightly advances the lower jaw, moving the base of the tongue forward and opening the airway
- Appliances are customized by Drs. Parker and Forslund for each patient's specific needs



These are only 2 of the 14 different appliances customized for patients in our clinic. Appliance options also available for patients with dentures.