



A CONSISTENTLY

# Good night's sleep

Snoring, sleeping apnoea and other problems



**Sleep is the most important part of your day.** With a consistently good night's sleep you are much more likely to have the physical, mental and emotional resilience to deal with the stresses of our modern world.

A consistently good night's sleep is a function of:

● **Quantity:** which for over 90% of the population is 7-9 hours sleep a night

● **Quality:** meaning you breathe well while you sleep

At SHDC we believe sleep is your built-in life-support system... and its free. **Take getting a consistently good night's sleep seriously, your body and mind already do.**

## THE 4 KEY QUESTIONS WE ROUTINELY MONITOR

### 1 | *Is it easy for you to fall asleep at night?*

Ideally it should take no more than 15-20 minutes to fall asleep.

### 2 | *Do you wake up through the night to go to the bathroom?*

There are many reasons why this might be (diabetes, medications, enlarged prostate, and many others) but one reason often overlooked is sleep-disordered breathing of which snoring and even more seriously, obstructive sleep apnoea are very common examples.

### 3 | *Do you wake with a headache, neck ache or jaw pain?*

This may be caused by poor sleeping posture (stomach sleeping is the worst), or that you might clench or grind your teeth at night. This may reflect sleep-disordered breathing, cause the muscular and joint pain (headaches, neck aches and jaw pain) and may also be very damaging to your teeth.

### 4 | *Do you wake up feeling refreshed?*

This is the most important point. You sleep to be refreshed, mentally and physically.

# A consistently good night's sleep

## POOR SLEEP

Not sleeping well, means getting 6 hours or less sleep (quantity), or even if you get enough hours, not breathing well while you are asleep (quality). Depending on your genetic susceptibility **'poor sleep' could affect you in many ways** including:

● **Growth hormone** production decreases (important for body repair).

● **Stress hormone** (*cortisol*) goes up activating the sympathetic nervous system focused on more 'fight-or-flight' response.

● **Ghrelin hormone** in the stomach goes up, signalling you to eat more and you are more susceptible to fat accumulation and obesity.

● **Leptin hormone** goes down (important in fat metabolism and signalling when you've had enough to eat, so you eat more and are more susceptible to fat accumulation and obesity).

● **Short term memory** is affected as the hippocampus in the brain shuts down.

● The part of your DNA focused on the **immune system** is down-regulated (decreased).

● Increased likelihood of **cardiovascular disease, cancer, thyroid disease and all-cause mortality.**

● **Glymphatic system** decreases in efficiency. It is vital in clearing waste products from the brain making you susceptible to dementia.

● **Insulin levels** that help metabolise carbohydrates and store fat go up, and insulin resistance increases making you more susceptible to diabetes and obesity.

● **Amygdala activity in the brain** goes up, affecting mental health, emotional well-being and empathy.

● **Fertility, libido and testosterone** levels go down.

● **Parasympathetic nervous system activity** reduces, focused on 'rest-and-digest'.

● The part of your DNA focused on **chronic inflammation** is up-regulated (increased).

*There are compelling reasons to take sleep seriously. The rewards are significant.*

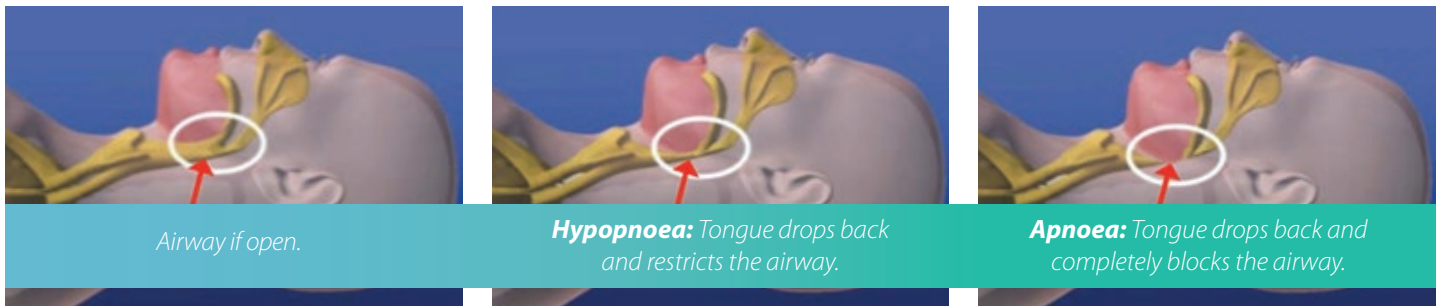
## SLEEP DISORDERED BREATHING

The tongue is attached to the lower jaw and can drop to the back of the throat and

● restrict your ability to breathe properly and be well oxygenated, called **hypopnoea**, or

● completely block your ability to breathe, called **apnoea**

When breathing does go out of balance it affects the acid/alkali balance in the body which can affect every system in your body including the smooth muscle throughout your body. Smooth muscle is found throughout the body including in blood vessels, respiratory system, digestive system and the bladder... Hence getting up at night to go to the bathroom may reflect **'sleep-disordered breathing'**, of which snoring and obstructive sleep apnoea are two examples.



## DO YOU HAVE OBSTRUCTIVE SLEEP APNOEA (OSA)?

The majority of people who have the condition may not even be aware of it. Many consider it a harmless snoring problem that can't be helped. However, your snoring problem may be more than just an occasional nuisance. Dealing with snoring and OSA can be life altering and in some case lifesaving. Speak to us if you think you may be experiencing symptoms.

### WHY IS TREATING OSA IMPORTANT?

We've outlined the consequence of 'poor sleep'. OSA causes many serious health issues, mental, physical and emotional. **Untreated OSA can lead to a variety of medical and lifestyle problems**, including an increased risk of heart problems, car accidents, work accidents and more sick days at work.

## WHAT WE CAN DO TO HELP WITH SNORING AND OBSTRUCTIVE SLEEP

OSA affects approximately 5% of the population in a mild, moderate or severe capacity\*. **Continuous Positive Airway Pressure (CPAP)** is a mask that fits over the mouth or nose or both. CPAP is considered the gold standard in treatment of sleep apnoea, but there is an issue about comfort and compliance. There are many types of masks, for example:



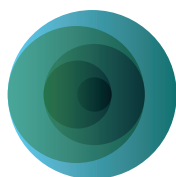
\* Deloitte Access Economics for Sleep Health Foundation. Reawakening Australia: The economic cost of sleep disorders in Australia, 2010 [Online] Oct 2011 [Last accessed September 2016]. Available from: [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)

Somnomed MAS appliances use the latest technology to offer a highly effective, discreet and travel-friendly treatment option that allows you to talk and open/close your mouth. Made from high-quality acrylic materials, the clinically-tested dental device is considered safe and comfortable to wear, and may help improve breathing and sleep in people with OSA. Another alternative, made from a softer more flexible material is the Airway-Eze.



If you snore when you sleep, this may or may not be a symptom of OSA. **It's estimated about 1 in 4 of us snore**, increasing to almost 50-60% of people aged 40-59\*\*, and even more as we get older. If snoring affects your partners ability to sleep, and given the consequences of **'poor sleep'**, **take your snoring seriously**. It's a win for your partners health, it will be a win for your health, and that's an important and worthwhile 'win-win' situation.

\*\* Davey MJ. Epidemiological study of snoring from a random survey of 1075 participants [Online, last accessed September 2016]. Available from: [www.britishtsnoring.co.uk](http://www.britishtsnoring.co.uk)



SYDNEY HOLISTIC  
Dental Centre

(02) 9221 5800  
shdc@shdc.com.au  
www.shdc.com.au

Level 17, 111 Elizabeth Street,  
Sydney NSW 2000