

DIAGNOSIS

Using state of the art systems, Dr. Boskovic will determine what factors contribute to your sleep apnea. These include size of airway, jaw, tongue position and much more.

SLEEP STUDY

It may be necessary to prescribe a sleep study to determine if you are experiencing sleep apnea during the night. This could occur in a dedicated facility or achieved with a home sleep study.

SOLUTIONS

It's important to find the right solution to treat your sleep apnea. With Dr. Boskovic's experience and knowledge, they will find the treatment that fits your health needs and lifestyle.



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Is it Snoring... or is it Sleep Apnea?



Millions of people suffer from sleep apnea and don't even know it. The dental practice can identify and treat this serious problem.

Your dentist can treat sleep apnea in ways other specialists don't.



But an ever increasing resource that people are turning to for help with sleep apnea is their local dentist.

Your Dentist May Be Your Best Choice

Dentists are experts in understanding the inner-workings of the mouth, tongue, and jaw. Furthermore, dentists routinely study the way this complicated system interacts.

Sleep apnea is often caused by the relaxation of the tongue and throat during sleep, which causes an actual physical blockage that cuts off air to the lungs.

In the forefront of sleep apnea treatments, are a wide range of dental appliances that are designed to keep the airway open.

These dental appliances usually resemble retainers, or mouthguards, or the sort of insert designed to keep you from grinding your teeth. Some appliances try to offset the position of the jaw (mandibular advancement) in order to open the airway, while others try to control the position of the tongue (tongue suppression) to achieve the same effect.

Dental Appliances and CPAP Therapy

The number one way to treat sleep apnea is with CPAP Therapy. CPAP stands for Continuous Positive Airway Pressure, and is a machine that keeps one's airway open during the night by blowing air through a mask while one sleeps. However, a large number of people just can't or won't use it. Some people feel claustrophobic while using the CPAP machine, while others cannot stand the whooshing sound all night. Some people turn around during the night and get tangled with the hoses. This is when you should consider a dental appliance. A dental appliance may be a more acceptable and easier way to treat your sleep apnea. Also, it is more convenient and much easier to travel with.

Can A Dentist Treat All Sleep Apnea?

Dental appliances are approved only for mild to moderate sleep apnea. However, recent studies have shown that oral appliances are effective even at treating severe sleep apnea, especially if one cannot tolerate a CPAP. The first step is to find out, if any, what type of sleep apnea you are suffering from.

A consultation with Dr. Boskovic may be the easiest and most convenient way to get started on the process to treat your sleep apnea.

Picking A Sleep Apnea Doctor Is A Challenge

If you think you might have sleep apnea, there are a wide variety of medical specialists you can consult.

Some of the specialists who may treat sleep apnea include pulmonologists (who care for the lungs), neurologists (who concentrate on the brain and its workings), and finally ENTs or ear, nose, and throat specialists.

