Are you tired even after a full night’s sleep?

Snoring hurting relationships?

A life-threatening condition called **SLEEP APNEA** may be the cause.
If you can’t get a good night’s sleep because you continually stop-and-start breathing, you are putting yourself at risk for other serious health issues, besides increasing your chances for persistent drowsiness and the inability to focus during the day. If you have a chronic snoring problem, or if you experience disrupted breathing during sleep, you could have sleep apnea. Sleep apnea is a serious health issue that can only be properly diagnosed through sleep study, but can be effectively treated with help from a dentist. If you have been suffering from disrupted sleep due to snoring and sleep apnea, Dr. Kaplan can help with sleep apnea treatment in Lake Zurich.

How Do I Know if I Have Sleep Apnea?
Sleep apnea is caused when airflow is restricted from its normal flow through passageways and causes patients to stop breathing for several seconds, or even minutes, at a time. While sleep apnea can only be officially diagnosed through a sleep study, symptoms include:

- Loud snoring
- A start-and-stop sleep pattern
- Choking during sleep
- Moodiness or forgetfulness
- Headaches

Offer valid for limited time.
For new patients.
Some restrictions may apply.
Call for details.