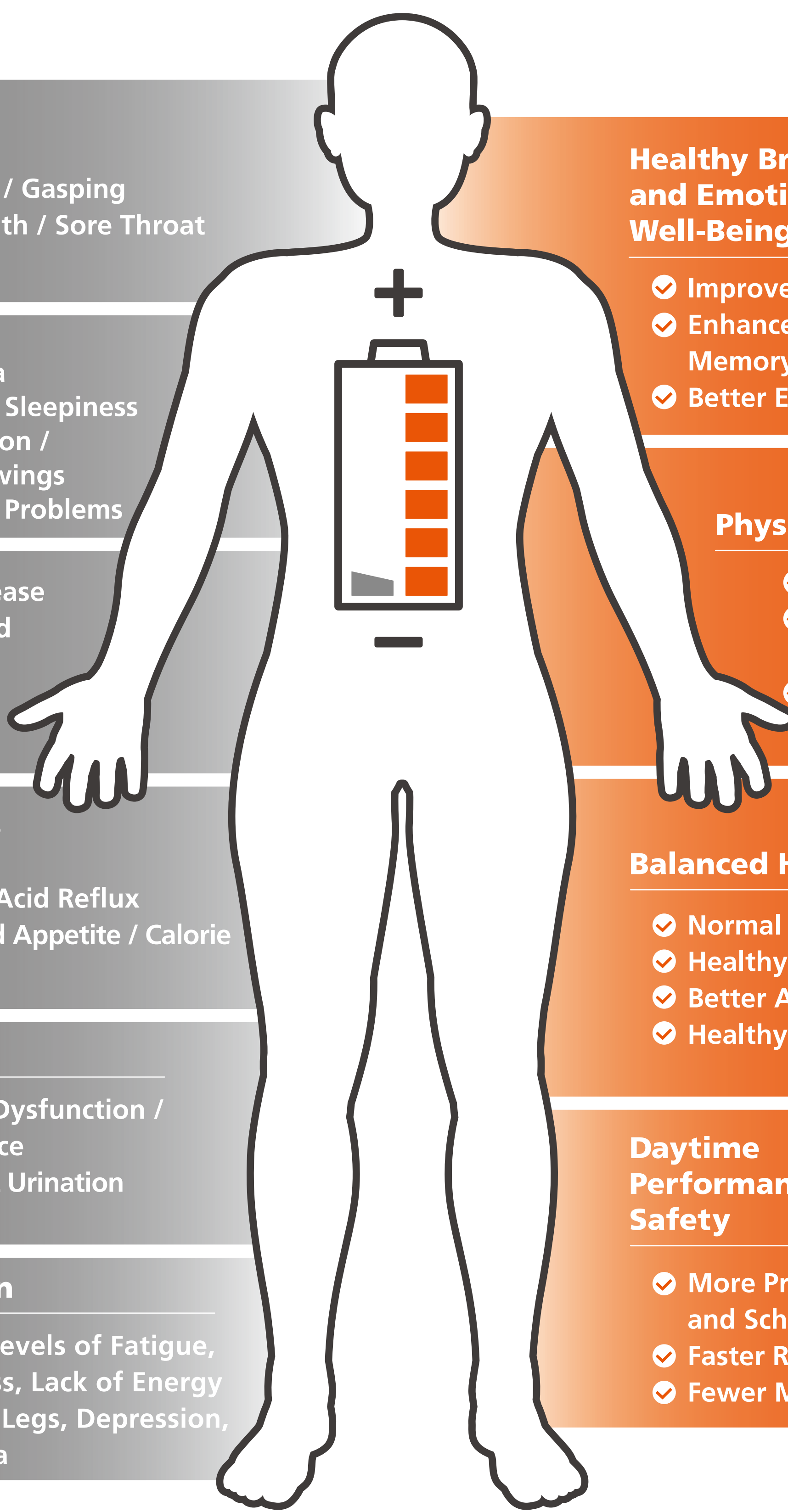


# Are you getting quality sleep?

Check below left - sleep affects your quality of life!

SLEEP APNEA SYMPTOMS

QUALITY SLEEP OFFERS



- Snoring
- Choking / Gasping
- Dry Mouth / Sore Throat

- Stroke
- Insomnia
- Daytime Sleepiness
- Depression / Mood Swings
- Memory Problems

- Heart Disease
- High Blood Pressure
- Irregular Heartbeat

- Diabetes
- Obesity
- Chronic Acid Reflux
- Increased Appetite / Calorie Intake

- For Men**
- Erectile Dysfunction / Impotence
  - Frequent Urination at Night

- For Women**
- Higher Levels of Fatigue, Tiredness, Lack of Energy
  - Restless Legs, Depression, Insomnia

## Healthy Brain Function and Emotional Well-Being

- ✔ Improve Brain Function
- ✔ Enhanced learning / Memory Functions
- ✔ Better Emotional Control

## Physical Health

- ✔ More Energy
- ✔ Tissue Growth / Repair
- ✔ Muscle Development

## Balanced Health

- ✔ Normal Blood Sugar Level
- ✔ Healthy Hormone Balance
- ✔ Better Appetite Control
- ✔ Healthy Immune System

## Daytime Performance and Safety

- ✔ More Productive at Work and School
- ✔ Faster Reaction Time
- ✔ Fewer Mistakes

Sleep Apnea can be treated at this office with custom oral devices. **Ask your dentist for more information!**

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Whole You™

The above information is not intended to replace professional medical advice, diagnosis or treatment. Individual results may vary. Consult your dentist on treatment options. SOURCE: The U.S. National Heart, Lung, and Blood Institute / American Academy of Dental Sleep Medicine / The National Sleep Foundation / Sleep Research Society