Are you getting quality sleep?
Check below left - sleep affects your quality of life!

**SLEEP APNEA SYMPTOMS**
- 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

**QUALITY SLEEP OFFERS**
- 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!