

## Are you getting enough sleep?

Did you know that one in three Canadians don't get enough sleep? The National Sleep Foundation recommends that adults over 18 should get **7 to 9 hours of sleep.**



## What is Obstructive Sleep Apnea?

Obstructive sleep apnea (OSA) is the most common type of sleep disorder, characterized by airflow blockages lasting more than 10 seconds.

OSA affects your general well-being by increasing your likelihood of developing high blood pressure, heart disease, or type 2 diabetes.

## Sleep Apnea Signs and Symptoms

The most common signs and symptoms are:

- Loud snoring followed by silent pauses.
- Feeling tired after a night's sleep.
- Waking up with a sore throat or dry mouth.
- Poor concentration or memory loss.
- Urinating frequently throughout the night.
- Gasping for air or choking during sleep.
- Morning headaches.



### Dr. Jody Varughese, DDS

Dr. Varughese earned her degree in dentistry from the University of Alberta in 2001. Dr. Varughese stresses the importance of hygiene and preventive care to all her patients. She conducts thorough examinations, assesses risk factors for diseases, and educates patients on treatment options.

Dr. Varughese is passionate about screening patients for signs of sleep disordered breathing (Upper Airway Resistance and Sleep Apnea). She is excited to help improve sleep for her patients with appliance therapy and referrals to other professionals for CPAP and other sleep help.

*\*All services provided by a general dentist.*

**Call our office today at  
780.435.3784  
to schedule your sleep  
consultation and learn how Dr. Varughese  
can help you get the sleep you deserve!**



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# Not getting the sleep YOU DESERVE?

## We can help!



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# So you think you have sleep apnea... now what?!

First, we need to determine if you do have sleep apnea and that starts with a consultation with Dr. Varughese. This consultation will determine if you need treatment, which treatment is right for you, and whether Dr. Varughese is the right practitioner for you.

Before having a dental device created, you must complete the following:

- an at-home sleep study (if it's been over two years we will refer you for an update)
- a full medical check up with your family physician
- a complete dental check up and cleaning



## If you are diagnosed with sleep apnea (or snoring with no OSA) and you decide to proceed with a dental sleep device, here's what happens next:

- A short appointment for digital records (photos, scan, bite scan)
- A one-hour appointment 3-4 weeks later for insertion, adjustment, and care review of the new device
- A series of follow up appointments 1 month, 4 months and 12 months later. After the 4 month follow up you will be sent for a sleep study with your appliance.



### Screening and treatment steps

1. Screening and consult at Petrolia Dental
2. Referral for a sleep test and diagnosis from a physician who specializes in sleep-related issues
3. Appointment with Dr. Varughese to take digital records of your mouth
4. Insertion of dental sleep device for fit and comfort
5. Follow up 1 month later, adjust as needed
6. Follow up at 4 months and referral for repeat sleep test with device
7. Follow up with Dr. Varughese after sleep test if needed or follow up at 12 months if OSA is being managed well.

### The costs involved

Dental devices vary in cost, and you will be given an estimate based on the device recommended to you.

Dental insurance does not cover dental sleep appliances, but some extended health care benefit plans do. While we can't do direct billing for medical insurance, we can help with the predetermination of coverage and paperwork for reimbursement.