



**Jacksonville Dental Sleep Medicine**  
Health Centered Dentistry  
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## Greetings!

Hello wonderful patients! As we welcome spring around the corner, now is the time to think about spring cleaning your health and well being. We encourage you to analyze health issues for you and loved ones and there's no better time than the present. In doing so, please don't forget to take a look at essential sleep patterns and energy levels throughout the day. Are you getting enough restful sleep and do you feel refreshed during the day?

If your answer is "no" and you are constantly feeling drained and fatigued throughout the day, please get help! If snoring is also involved, please call our office or stop by our practice. According to the C.D.C., (Center for Disease Control), 1 out of every 6 Americans suffer from sleep apnea and don't know it. This could be you or a loved one!

We have a quick screening form in our office that takes a few minutes to complete and we encourage all of our patients to do so. You can also call 1-800-SLEEPTEST or find us online at 1-800-SLEEPTEST.com. After this first step you will be on your way to spring cleaning your quality of life and even getting your life back!

Besides tiredness and daytime drowsiness, (and maybe irritation from a bed partner snoring), untreated sleep apnea can become a serious health hazard and even lead to sudden death! This alarming and potentially life threatening disease causes other health issues such as heart attack, stroke, type 2 diabetes, weight gain, and impotency and other health and social problems. Please don't hesitate another day. Make the call now and jump start your health spring cleaning!

## Common Symptoms of Sleep Apnea

- *Loud snoring*
- *Daytime sleepiness*
- *High blood pressure*
- *Waking up with sore throat and dry mouth*
- *Episodes of stopping and starting of breath*

## Sleep Apnea Questions

### What is sleep apnea?

Sleep apnea is a serious sleep disorder. People who have sleep apnea stop breathing for 10 seconds to 30 seconds at a time during their sleep. These short stops in breathing can happen up to 400 times every night. If you have sleep apnea, periods of not breathing can disturb your sleep (even if they don't fully wake you up).

### Is sleep apnea common?

It is estimated that more than 12 million Americans have sleep apnea. Men, people who are overweight, and people who are older than 40 years of age are more likely to have sleep apnea. However, it can affect anyone at any age. If you are interested in meeting other people who have sleep apnea, you can visit the American Sleep Apnea Association's website to find the location of a support group near you.

### Will this problem change my life?

Actually, sleep apnea may already have affected you more than you know. Chances are things will improve for you once the diagnosis is made and you start treatment. Remember that you are not alone and help is available.

### How do I know if I have sleep apnea?

Because some of the symptoms of sleep apnea occur while you're sleeping, your bed partner may notice it first. You, or that person, may notice heavy snoring or long pauses in your breathing during sleep. Even if you don't remember waking up during the night, you may notice daytime sleepiness (such as falling asleep at work, while driving or when talking), irritability or fatigue. You may also experience morning headaches, forgetfulness, mood changes and a decreased interest in sex.

*There are alternatives  
to CPAP treatment!!*

**Go To [SleepTest.com](http://SleepTest.com) To Take a Free and Easy Sleep Evaluation!**

## Widow Speaks on Dangers of Tired Truckers

*Written for the Charlotte Observer, 2/26/12.*

A Charlotte woman is putting the spotlight on a scary problem drivers face on the roads. It's a problem that can lead to horrific crashes. This crash in particular was caused by a truck driver who police say fell asleep at the wheel. Statistics show 28 percent of truckers on the road are fatigued. After losing her husband, Dana Johnson says something needs to be done.

On July 30, Shawn Johnson was driving near Greenville, South Carolina when a trucker named Eddie Wyatt fell asleep at the wheel.

"He crossed over the median and hit my husband head on and killed him," Dana told the crowd.

Within seconds and without warning, Shawn became one of the roughly 5,200 people killed on our nation's highways each year because of fatigue, often linked back to a disease called sleep apnea.

Dana is talking about the 1 in 3 drivers and the 28 percent of commercial drivers that get behind the wheel when they are tired.

Sleep apnea causes the airways to collapse when one is asleep. It happens hundreds of times in a sleep cycle and causes the body to snap awake. That restlessness boils over into daytime drowsiness and sudden nodding off. Unfortunately, this sometimes it happens when driving.

Eddie Saavedre owns the trucking company who Shawn Johnson was driving for. Saturday he asked the government to do something. "It's something I think the DMV or the DOT has to be involved in and address it for everybody," said Saavedre.

"My goal is to get some laws changed, so this doesn't happen again," Dana Johnson said.

**Read story here:** <http://www.charlotteobserver.com/2012/02/26/3047619/widow-speaks-out-about-dangers.html#storylink=cpy>

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## When to Consult with your Doctor

- Pauses in your breathing during sleep
- Awakening with shortness of breath
- Constant daytime sleepiness
- Snoring that disturbs your sleep or others

**CALL 1-800-SLEEPTTEST for a Free Consultation!**