ADVICE

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CAN A SNORING SPOUSE IMPACT A MARRIAGE?

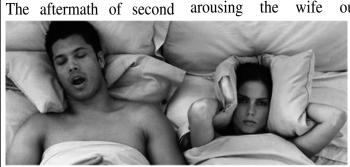


General Dentist According to a current medical study being conducted in Chicago, in relationships, the some honeymoon stage can be

over before it even begins.

hand snoring can bring a whole new perspective to the vow "until death do us part." Loud snoring is not bed partner but it is also extremely bad for their long weren't surprised. term health.

In monitoring one couple's nighttime sleep, husband's snoring



of sleep over 8 times an of breathing that occurs hour! Therefore, when additional surveys came back indicating that couples only very irritating to the in these situations have a higher divorce rate, we

> Even bigger than the troubling increased divorce rate are the consequences of untreated sleep apnea on a person's health. We now know that snoring is a large indicator for sleep apnea but what is sleep apnea? According to the American Sleep Apnea Association, "Sleep apnea is an involuntary cessation

while somebody is asleep. Episodes without breathing can last 10 seconds to 2 minutes or longer and a person can have up to hundreds of episodes per night."

Sleep apnea is a serious health issue. It lowers the oxygen level in the blood, which leaves a person susceptible to major health problems like high blood pressure, Type 2 diabetes, heart attack, stroke, 5 times greater chance of cancer, dementia and even Alzheimer's. Symptoms

of sleep apnea can range from: waking up feeling unrefreshed problems including memory loss. feeling tired or fatigued, experiencing personality changes, headache. heartburn, sweating chest pain while sleeping, and depression.

The diagnosis of sleep apnea must be made by a sleep specialist following a sleep study in a private or hospital sleep lab. When a person is diagnosed with sleep apnea, it's important to understand the treatment options, such as weight loss.

surgery, CPAP mask, or an oral appliance (similar to a mouth guard). With proper treatment for sleep apnea, snoring is also minimized. In addition, the spouse's sleep deprivation lessens significantly along with the feelings of hostility, aggravation and often marital distress.

For more information on how ORAL Appliances can help to your Snoring or Obstructive Sleep Apnea please contact: Dr. Rondeau & Associates 519-455-4110 www.ortho-tmj.com

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