



## TMJ & Sleep Therapy Centre of London

### **National Sleep Awareness Week March 1-8, 2015**

TMJ & Sleep Therapy Centre joins National Sleep Foundation in their focus to bring sleep awareness and education to the public. The UK Sleep council stated in 2013 that a third of the population (33%) now get by on five to six hours sleep a night compared to 27% in 2010. This figure is still rising.

Sleep Apnoea is defined as the absence of breathing during sleep. Obtaining restful sleep requires proper breathing. A common reason for the medical condition known as 'Sleep Apnoea' is a poorly positioned jaw or tongue, which can lead to a blocked airway thus the absence of breathing.

It is important to understand that the lack of good sleep does not simply make you tired. It is the wide range of health conditions resulting from the cumulative effect of loss of sleep and sleep disorders that poses the greatest concern.



<p><b>The health risks associated with sleep breathing disorders for adults include:</b></p>	<p><b>The health risks associated with sleep breathing disorders for children include:</b></p>
<p>Heart Attack Cardiovascular Disease Stroke Memory Loss Diabetes Depression</p>	<p>Delayed Development High Blood Pressure Impaired Intelligence Dysfunctions of The Nervous System</p>

**The good news is that sleep Apnoea in children can be cured!**

Because children are still growing, their structure can be directed for optimal development and airway.

**Non-invasive treatment options are also available** for adult patients suffering with Sleep Apnoea.

**Watch and Listen to Your Child – They should be evaluated if they meet any of the following:**

Do they wake in the same position in which they fell asleep? Are the bed sheets strewn all over the bed? Do they have trouble concentrating, or become agitated? Do they have dark circles under the eyes? Do they snore? The American Association of Pediatrics “Patient Parameters” states all children should be screened for snoring and all children who snore should have a sleep study for evaluation of Apnoea because of ADD / DAHD and cardiovascular risk.



**Test Yourself - You should be evaluated if you answer 'Yes', to any of the follow**

1. Do you snore?
2. Do you wake feeling unrefreshed or unrested?
3. Do you often experience morning headaches?
4. Have you or your sleep partner identified that you choke, gasp or stop breathing during sleep?

**We are here to help you!!**

TMJ & Sleep Therapy Centre of London is a leader in dental sleep medicine for adults and children suffering with structural airway dysfunctions sleep breathing disorders, and sleep Apnoea. We believe proper diagnosis and emphasis on origin rather than symptoms is the key to successful treatments. We are dedicated exclusively to non-surgical treatments for sleep breathing disorders, Sleep Apnoea, snoring, craniofacial pain, and orthopedic temporomandibular dysfunction. We provide state-of-the-art technologies in a friendly and caring environment.

**Contact TMJ & Sleep Therapy Centre of London**

**Call Alison on: 01932582949**

**[www.tmjandsleeptherapycentre.co.uk](http://www.tmjandsleeptherapycentre.co.uk)**

The TMJ and Sleep Therapy Centre is Located at the Courtyard Clinic, 30 London Street Chertsey, Surrey,  
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