

What *are my* Sleep Apnea Treatment Options?



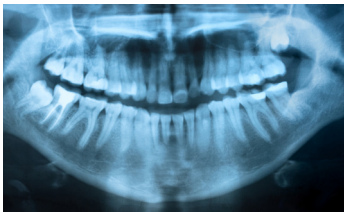
CPAP

MAIN ADVANTAGE: Treatment on the very first night! Considered the gold standard of sleep apnea treatment



Oral Appliance

MAIN ADVANTAGE: Easy to wear (can sleep in any position, no noise or leaks, no need for electricity or extra supplies)



Jaw Surgery

MAIN ADVANTAGE: It's curative 80-95% of the time, meaning no other ongoing treatment is needed!

You are in the Drivers' Seat!

THE BAD NEWS

Sleep apnea negatively affects your health in so many ways! It increases your risk of stroke, dementia, atrial fibrillation, depression, anxiety, diabetes, automobile accidents, and more.

THE GOOD NEWS

Sleep apnea is very treatable and there are numerous effective treatment options available. None are as easy as taking a pill, but they are much easier than coping with the serious issues to which sleep apnea directly contributes.