

ADVANCED DENTAL SLEEP TREATMENT CENTER®

Sleep all night. Live all day.®

Oral appliance therapy: 7 Myths :

The American Academy of Dental Sleep Medicine (AADSM) recently put out a paper debunking some of the common myths about oral appliance therapy. If there is something excluded from this list that you're wondering about, please do not hesitate to [contact us](#) to ask!

[Click here to read the 7 myths](#)

Tips for Better Sleep in 2021



"Having used the past few months to ponder it in full, the conclusion about 2020 remains the same: the year was a bit of a nightmare for sleep."

It's been about a year since the pandemic really started shutting Omaha down, which seems a bit surreal! But hope is on the horizon and it's time to get back into good sleep habits. Here are some tips, created by psychologists, to help you and your patients get on the right track.

Tip #6: Put on pants. Go outside. Stay physically and socially active. [Click here to read the full article.](#)

COVID COMMUNITY SUPPORT

We are feeling hopeful we will continue to see improvements as more people in our community get vaccinated.

As a way to show support, we are giving

away free shirts to anyone who donates to Omaha's Community Foundation's COVID-19 Response Fund. If interested, please visit [here](#).



We Make It Easy To Partner

Both diagnosed and non-diagnosed patients may be referred.



We are Omaha's first and only one stop shop for sleep. We know how complicated treating sleep can be for both providers and patients and it is our goal to streamline the entire process for everyone involved. With that in mind, we are able to offer: 1) Home Sleep Testing - either diagnostic or guidance depending on the case. 2) CPAPs, and 3) Oral Appliances. Along with our dedicated dental sleep team, we work with Sleep Physicians for direction on patient care, and have a Registered Respiratory Therapist in our office who coordinates CPAP dispensing and ongoing care.

We want you to know that if you have a patient that you suspect has sleep apnea or has struggled with prescribed treatment, we will take great care of them.



Patients can be referred directly through our [website](#), or you can [fax a referral](#) to us at 1-877-811-8129.

If you'd like any paper screening tools, informational brochures from our office, or would like to coordinate a time to speak with one of our providers, please connect with Brea at brea@whywesnore.com or 402-996-0387.

** Know that we are in-network with medical insurance, including Medicare and Tricare. Those with Medicare supplement plans typically have low or no out-of-pocket costs. All patients know what their out of pockets costs will be before moving forward with treatment.

Visit our website

This advertisement was sent by Advanced Dental Sleep Treatment Center
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