



## ADVANCED DENTAL SLEEP TREATMENT CENTER®

Sleep all night. Live all day.®

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### Daylight Saving Time Myths

Daylight Saving Time (DST) is this Sunday, March 13. Parents of young kids tend to dread this day, but beyond that, there is a lot of research around the real negative effects this has on our bodies, our health, and our safety.

3 Myths about this day are:

1. The negative impacts of the switch from Standard Time to Daylight Saving Time are acute only—they last only a few days or up to a week.
2. DST saves energy.
3. There's no political action to abolish DST.

None of these are true! To read why, [click here](#).

Concern surrounding DST continues to gain more traction and [organizations that oppose DST and endorse permanent Standard Time include](#) the American College of Chest Physicians, National Safety Council, American Academy of Sleep Medicine, National Sleep Foundation, National PTA, American College of Occupational & Environmental Medicine, American Academy of Dental Sleep Medicine, Start School Later, American Academy of Cardiovascular Sleep Medicine, World Sleep Society, and Society for Research on Biological Rhythms.

You may have noticed a couple education groups listed here because there has also been a lot of [research around sleep and the effects on kids](#), and some groups are pushing for later school start times.

Both of these causes - advocacy for kids starting school later and advocacy for movement to Standard Time - are driven by the idea that we perform better and are most healthy when allowing our bodies to abide by nature (sunrise and sunset) and not by a clock.

As health practitioners, it's important we screen for and treat sleep disorders, but it's also important to follow good sleep hygiene and advocate that both we and our patients get as much sleep as our bodies need!

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### Patient Spotlight: Christopher R.

*"The alternatives to CPAP provided by Advanced Dental are literally life changing. See them about getting rid of the*

#### **Objective Oral Appliance Therapy Results:**

Pre-Treatment AHI: 86  
Post Treatment AHI: 2.9 (oral appliance plus positional device)

CPAP and instead get your sleep apnea treated in a gentler, less intrusive way." – Christopher R.

## Subjective Oral Appliance Therapy

### Results:

Sleeping better, more energy, no longer snoring

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## Philips Recall

The Wall Street Journal published an article in January that reports Philips has already sent out about 700,000 replacement CPAPs and they expect to have all replacements completed by Q4 of this year.

As a dentist-owned practice, we cannot and do not diagnose or direct care. When patients have called our office to ask what they should do with a recalled unit, we reiterate that their first step needs to be that they register their unit so they can get in queue for a replacement once available. Once they do that, our second recommendation is that they talk with their primary care provider for direction on care. Here are the options we have provided to them to consider for that discussion:

- Continue to use the CPAP as-is.
- Consider getting an Rx for a travel CPAP, which can be purchased online.
- Consider an oral appliance. From what we have seen and heard, insurance companies are not covering a switch in treatment due to the recall, so we are offering an oral appliance that isn't quite as durable as a typical oral appliance we'd provide, but it is still custom-fit, FDA approved, comes with a 2 year warranty, and is tested for efficacy.

Please let us know how we can help your patients continue to receive treatment for their sleep apnea during this recall/shortage.

Philips recall notification

Philips clinical information for physicians and providers

Clinical Practice Guidelines for Oral Appliance Therapy

OAT Fact Sheet

OAT Evidence Brief

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## 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 disorders 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 or guide: 1) Home Sleep Testing 2) CPAPs, and 3) Oral Appliances. Along with our dedicated dental sleep team, we work with Sleep Physicians for direction on patient 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, business cards 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](mailto: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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