



## ADVANCED DENTAL SLEEP TREATMENT CENTER®

Sleep all night. Live all day.®

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### Sleep more, get less disease, and a longer life? Yes, please.

The research, published in *PLOS Medicine*, analyzed the impact of sleep duration on the health of more than 7,000 men and women at the ages of 50, 60 and 70, from the Whitehall II cohort study.

It found that those who reported getting 5 hours or less sleep at age 50 were 20% more likely to have been diagnosed with a chronic disease and 40% more likely to be diagnosed with two or more chronic diseases over 25 years, compared to people who slept for up to seven hours. This group who got 5 hours or less per night were also associated with a 25% increased risk of mortality over the 25 year follow-up.

Click [here](#) to read more.



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### Patient Spotlight: Beverlee M.

"Friendly, professional. I really am benefiting from

**Objective Oral Appliance Therapy Results:**

Pre-Treatment AHI: 12.3

their technology." –  
Beverlee M.

Post Treatment AHI: 6.4

## Subjective Oral Appliance Therapy

### Results:

Sleeping better, feeling better, more energy

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## Philips Recalls

The Philips Respironics recall continues to wreak havoc on the CPAP world. The latest update, published on 10/25/2022, shows that 2M replacement devices have been shipped in the US. This is where patients can check the status of their replacement: click here.

To add to this, some Philips masks were also recently recalled, involving magnets that may interfere with implanted devices.

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.

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 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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