Stop the Snore

Besides being a nuisance to your bed partner or roommate, loud and frequent snoring is a common symptom of sleep apnea.

When snoring is paired with choking, gasping or silent breathing pauses during sleep, it's a strong indicator of sleep apnea.

Sleep apnea can leave you waking in the morning feeling tired, even after a full night's sleep.

An adult with a body mass index (BMI) of 30 or higher is considered to be obese, and the risk of sleep apnea increases with the amount of excess body weight.

Between 30 and 40 percent of adults with high blood pressure also have sleep apnea, and getting treatment for sleep apnea is a proven means of decreasing blood pressure.

Ready to take action?

Call us at (440) 542-1200 to make an appointment today.

GOODHEALTH.dental can help you stop the snore.