

A woman with blonde hair is lying in bed, looking frustrated and holding a pillow over her ears. Next to her, a man is sleeping peacefully with his mouth wide open, snoring. The background is a soft, out-of-focus bedroom setting.

Snoring hurting relationships?

A life-threatening condition called
SLEEP APNEA
may be the cause.

Are you tired even after a full night's sleep?



If you can't get a good night's sleep because you continually stop-and-start breathing, you are putting yourself at risk for other serious health issues, besides increasing your chances for persistent drowsiness and the inability to focus during the day. If you have a chronic snoring problem, or if you experience disrupted breathing during sleep, you could have sleep apnea. Sleep apnea is a serious health issue that can only be properly diagnosed through a sleep study, but can be effectively treated with help from a dentist. If you have been suffering from disrupted sleep due to snoring and sleep apnea, Dr. Kaplan can help with sleep apnea treatment in Lake Zurich.

How Do I Know if I Have Sleep Apnea?

Sleep apnea is caused when airflow is restricted from its normal flow through passageways and causes patients to stop breathing for several seconds, or even minutes, at a time. While sleep apnea can only be officially diagnosed through a sleep study, symptoms include:

- Loud snoring
- A start-and-stop sleep pattern
- Choking during sleep
- Moodiness or forgetfulness
- Headaches

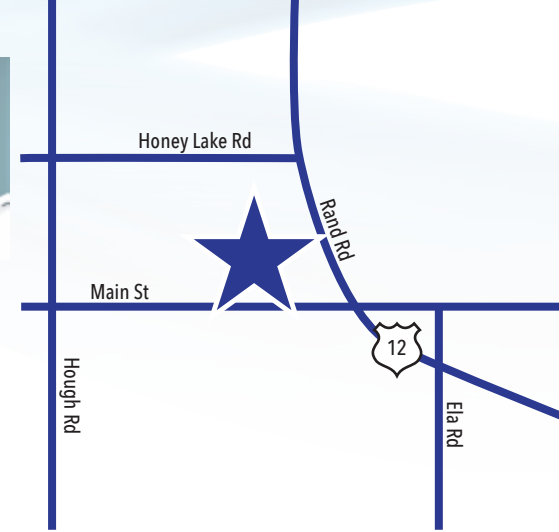
Complimentary Consultation
for oral appliance therapy for sleep apnea

Offer valid for limited time.
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