


RE: SLEEP BREATHING DISORDERS & OBSTRUCTIVE SLEEP APNEA

Research has shown that quality sleep plays a vital role in allowing our body to repair and restore itself. Equally so, the lack of proper sleep can have a detrimental effect on our health, significantly contributing to increased risk of cardiac diseases, stroke, diabetes and several cognitive disorders, just to name a few.

We are thrilled to announce that Impressions Dental Center is now offering convenient and effective treatment options for common sleep breathing disorders. Dr. Annette Warren, having recently completed a series of courses in Dental Sleep Medicine, is now able to offer effective, non-invasive treatment options for snoring, sleep breathing disorders and obstructive sleep apnea.



Patients around the world have fallen in love with the simplicity, comfort and effectiveness of Oral Appliance Therapy, which involves wearing a customised oral appliance inside the mouth, similar to a mouth guard, during sleep. This helps to reduce snoring and treats obstructive sleep apnea by preventing the airway from collapsing.

Please call us today at Impressions Dental Center and ask about our Home Sleep Study Kit and an In-Office Consultation Visit to see if you are a candidate for this convenient treatment alternative for sleep apnea and snoring.

We have included a copy of our “STOP BANG” questionnaire which is a quick way to evaluate the likelihood that you suffer from obstructive sleep apnea. You can also visit our website to learn more about snoring and sleep apnea: www.impressions-bahamas.com.

We look forward to seeing you and helping you get a better night's rest and live a healthier life.

Kind regards,

Dr. Annette Warren
Principal Dentist
Impressions Dental Center
(242) 394 8600

STOP BANG QUESTIONNAIRE

Please answer yes or no to the following questions. This is a screening tool to assess your risk potential for sleep apnea.

S - Snoring	Have you been told that you snore?	Yes	No
T - Tired	Do you often feel tired, fatigued or sleepy during the day?	Yes	No
O - Observed	Do you know if you stop breathing or has anyone witnessed you stop breathing while you are asleep?	Yes	No
P - Pressure	Do you have high blood pressure or are you on medications to control high blood pressure?	Yes	No
B - BMI	Is your body mass index greater than 28?	Yes	No
A - Age	Are you 50 years old?	Yes	No
N - Neck	Is your neck greater than 17 inches (males) or 16 inches (females)?	Yes	No
G - Gender	Are you a male?	Yes	No

If you answer yes to 3 or more of these questions you are at a high risk for sleep apnea. Please call our office and we can schedule a consultation today!