



If your front upper and/or lower teeth look like any of these photos, you may be an ideal candidate for “INVISIBLE BRACES.”



Upper Arch with Spacing



Crowded Upper Arch



Rotated Upper Incisors



Crowded Lower Arch



Trapped Lower Laterals



Generalized Lower Spacing

Snoring and sleep

A SERIOUS

Snoring

If you snore loudly and often, you know the social implications of your problem. It is no laughing matter when your spouse or significant other can't sleep in the same room with you. It is a signal that something is wrong with your breathing during sleep. It means that the airway is not fully open and the noise that you make comes from efforts to force air through the narrowed passageways.

It is estimated that one in every ten adults snores, and for most, snoring has no serious medical consequences. However, for an estimated 1 in 100 persons, habitual snoring is the first indication of a potentially life-threatening disorder called “obstructive sleep apnea.”

Both snoring and sleep apnea are gaining greater recognition among health professionals and the lay public. The *Los Angeles Times*, on August 1, 2008, carried an article about two recent studies and characterized the problem of sleep apnea as “a fatal disease.” **Dr. Gerber** is experienced in the recognition and treatment of both snoring and sleep apnea with dental therapeutic appliances.

What is sleep apnea?

An apnea episode is defined as the absence of breath for ten seconds or more. Someone is considered to suffer from sleep apnea if they stop breathing 30 or more times during a normal seven-hour sleep period. Typically, a person may have as many as 300 apneic episodes per night, and some of them may last up to 120 seconds at a time. When these interruptions of breathing occur, the percentage of oxygen in the blood drops, causing your blood pressure to rise and your heart to work harder. Over time, these episodes of apnea can even be associated with stroke, hypertension, kidney problems, and cardiopulmonary problems.