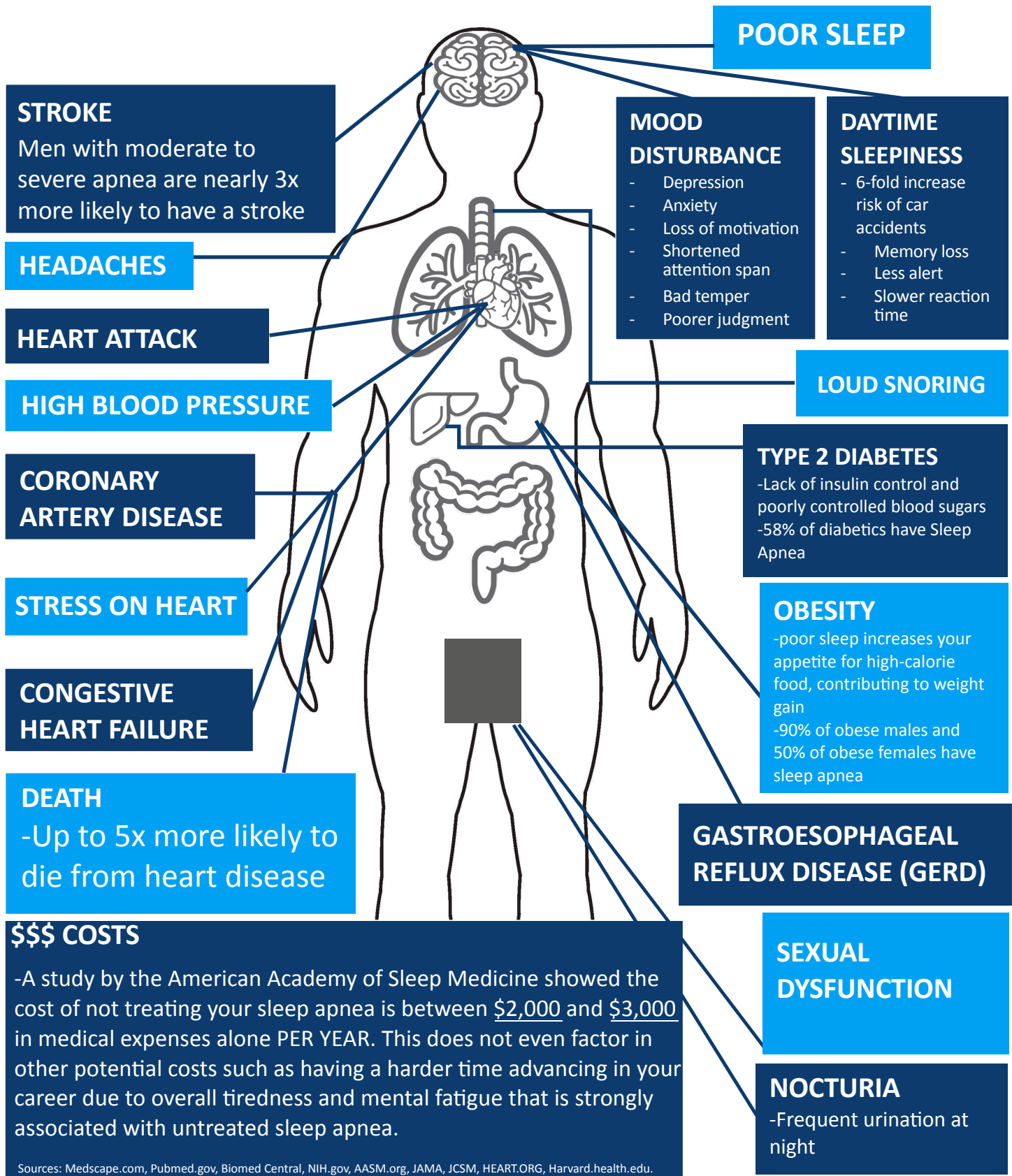


Sleep Apnea is when your airway is partially or fully obstructed while you sleep which prevents you from getting enough air



WEST MICHIGAN
CPAP Alternatives
Customized Sleep Apnea Solutions
— Dr. Vandervelden —

UNTREATED SLEEP APNEA HARMS YOUR WHOLE BODY





WEST MICHIGAN CPAP Alternatives

Customized Sleep Apnea Solutions

Dr. Vandervelden DMD D. ABDSM

Free consultation 616-741-9035

www.wmCPAPalternatives.com

TREATING SLEEP APNEA BENEFITS YOUR WHOLE BODY

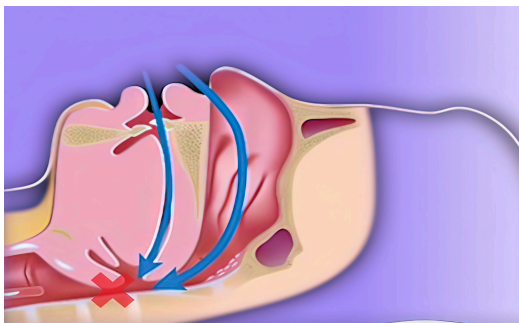
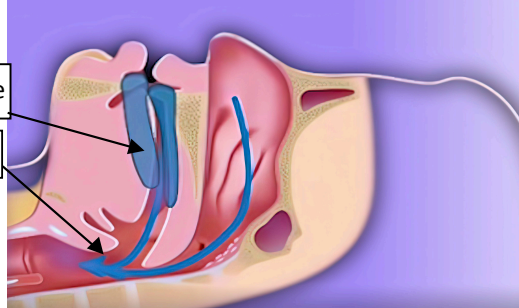
Custom Oral Appliance Therapy has similar overall effectiveness compared with CPAP, offers the same short-term and long-term health benefits, and overall costs are less, studies show.

Treating your sleep apnea involves opening your airway and preventing obstruction. A custom oral appliance looks like a retainer that you wear while you sleep. It works by positioning your jaw forward which opens the airway and prevents obstruction. A professionally designed custom fit appliance works better, is more comfortable, lasts much longer, and is safer to use than an over-the-counter appliance.



Custom Oral Appliance

Opening Airway



More comfortable than a CPAP, most patients strongly prefer a custom oral appliance over CPAP

Improves memory and alertness

Improves mood

Decreases depression and anxiety

Fewer headaches

Eliminates loud snoring- spouses love

Less tired during the day- This reduces risk of accidents

Decreases risk of heart related death

Decrease risk of heart attack

Lowers high blood pressure

Decreased risk of stroke

Decreases stress on the heart

Decrease risk of congestive heart failure

Improves type 2 diabetes

Helps you lose weight- high quality sleep decreases food cravings

Decreases Acid Reflux

Improves male sexual function

Less frequent night time trips to the bathroom

Improves quality of life

\$\$\$ SAVES MONEY

-On average, patients who TREAT their sleep apnea spend half as much money on medical expenses and require half as many doctor visits over their lifetime

-Overall cost of Custom Oral Appliance Therapy is cheaper than CPAP therapy, and a fraction of the cost to surgery