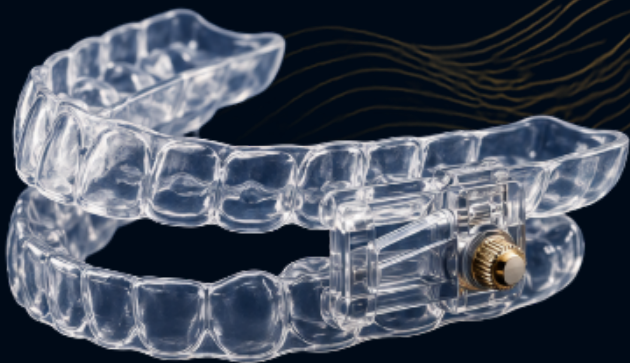


DERBY ROAD DENTAL PRACTICE

Dental Sleep Treatments

SOLUTIONS FOR EXCESSIVE SNORING
AND OBSTRUCTIVE SLEEP APNOEA



Custom-made. Clinically guided.
Designed for **better sleep.**

ASK US ABOUT A DENTAL
SLEEP CONSULTATION.

Take the next step

If excessive snoring or possible obstructive sleep apnoea is affecting you or someone close to you, arrange a consultation to explore the most appropriate next step.

BOOK A CONSULTATION:



Call 0115 947 5231



Visit www.derbyroad.netlify.app



or scan



DERBY ROAD DENTAL PRACTICE

278 Derby Road, Nottingham,
NG7 1PZ

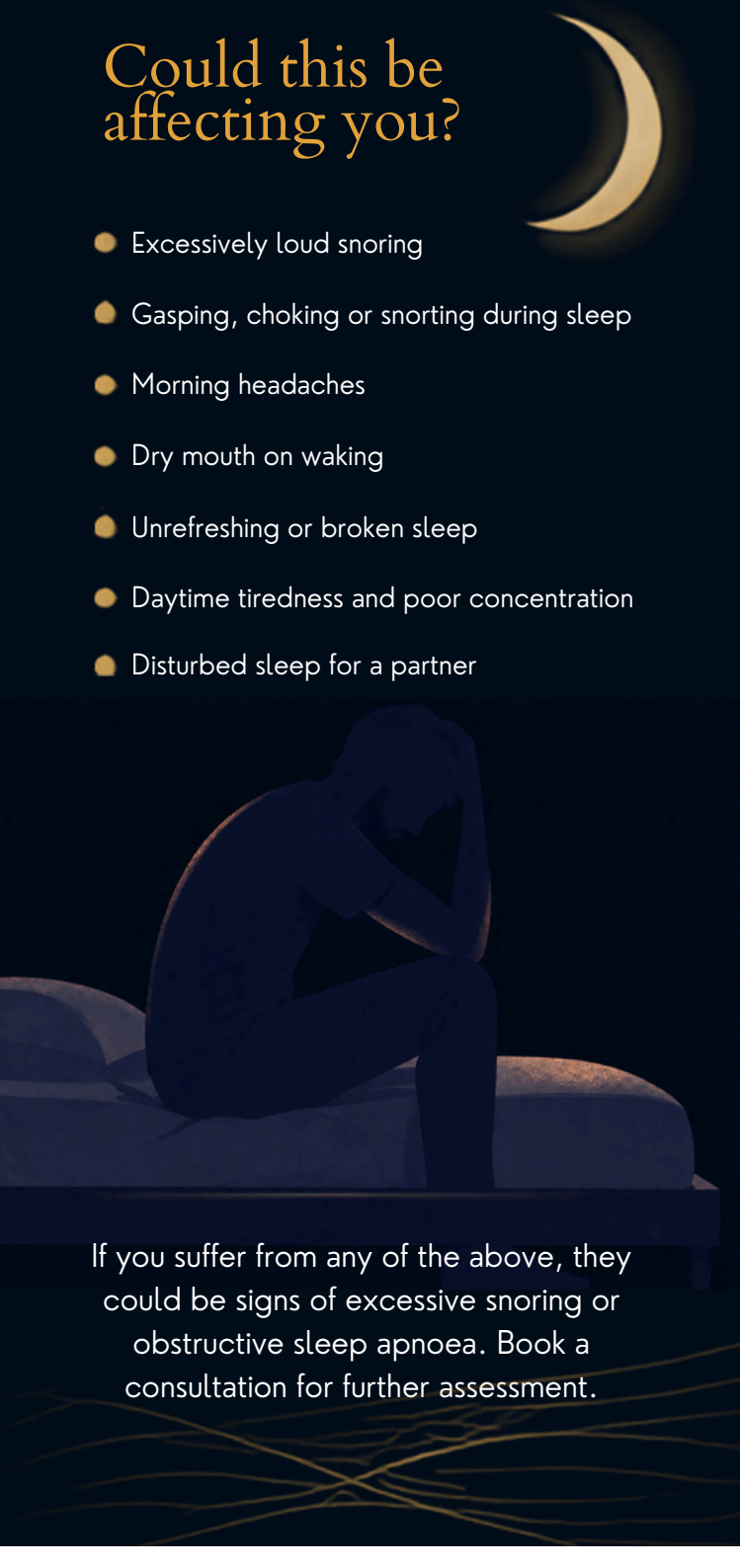
Fees vary depending on individual treatment needs. Please ask reception or see the website for our current fee guides.

Other approaches may include lifestyle changes, CPAP, positional or nasal measures, and specialist medical or surgical care. Where appropriate, we refer or signpost patients for further medical assessment to identify the most suitable pathway.

This is a private dental service provided at a mixed NHS and private dental practice.

Could this be affecting you?

- Excessively loud snoring
- Gasping, choking or snorting during sleep
- Morning headaches
- Dry mouth on waking
- Unrefreshing or broken sleep
- Daytime tiredness and poor concentration
- Disturbed sleep for a partner



If you suffer from any of the above, they could be signs of excessive snoring or obstructive sleep apnoea. Book a consultation for further assessment.

Excessive snoring and obstructive sleep apnoea

During sleep, the muscles and tissues around the throat relax and can narrow the airway. This impedes airflow into your lungs and can lead to snoring.

In obstructive sleep apnoea, the airway repeatedly becomes partly or fully blocked, reducing or stopping breathing for short periods during sleep.

**OPEN AIRWAY -
CONTINUOUS AIRFLOW**



**OBSTRUCTED AIRWAY -
AIRFLOW BLOCKED**



Obstructive sleep apnoea can increase risk of:



Poor sleep and waking unrefreshed



Difficulty concentrating



Headaches and dry mouth



Teeth grinding and wear



High blood pressure



Cardiovascular disease



Strokes

A discreet dental treatment option

A custom-made mandibular advancement device, or MAD, is worn over the upper and lower teeth while you sleep.

It gently holds the lower jaw slightly forward during the night. This can help open the airway, support airflow, reduce snoring and improve breathing during sleep.



Designed around you

- ✓ Custom-made
- ✓ Quiet and discreet
- ✓ Non-surgical
- ✓ Compact and travel-friendly
- ✓ No electricity required
- ✓ Worn only while sleeping

Who is suitable?

Many patients are suitable for these devices, including those with missing teeth. Book a dental sleep consultation for a personalised assessment.

Treatment Fees

Fees vary depending on individual treatment needs. Please ask reception or see the website for our current fee guides.

Your treatment journey



1. Consultation and assessment

We discuss symptoms, goals and medical history, complete recognised screening questionnaires, and assess your teeth, gums and jaw joints.



2. Further investigation where indicated

If obstructive sleep apnoea is suspected, we may recommend further investigation, a sleep study or referral to appropriate medical or sleep colleagues.



3. Personalised records

If a mandibular advancement device is appropriate, we take digital scans or impressions and jaw-position records.



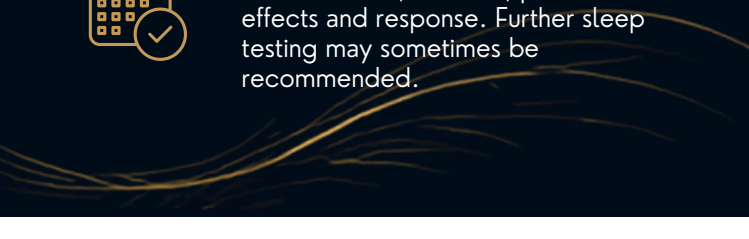
4. Fitting and optimisation

Your custom-made appliance is fitted, with guidance on wear and care. Its position may be adjusted gradually to optimise effectiveness.



5. Review and long-term support

We review fit, comfort, possible side effects and response. Further sleep testing may sometimes be recommended.



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