

DENTAL SLEEP MEDICINE

Snoring | UARS | Sleep Apnea



DESTEFANO
DENTISTRY



Thomas J. DeStefano, DMD, LVIF

**Compassionate Care
To Enhance Your Smile**

(585) 248-2383
DeStefanoDentistry.com

PATIENT TESTIMONIALS

I recently went through DeStefano Dentistry to help me deal with my snoring and sleep apnea. (I had previously spent a lot of money on over the counter and online fixes, which did not really work.) After an in-home sleep study, and a few visits to get properly fitted, I have an appliance that has pretty much eliminated my snoring (I'm told), and I sleep much better.

– Robert B.



I found DeStefano Dentistry after looking for years for adequate help for my TMJ jaw pain , feeling clogged ears and sleep apnea. Dr. DeStefano, and his kind, understanding staff, guided me through a program that uses orthotics. They were extremely professional and patient, helping me with all the adjustments. My symptoms are gone. I no longer need my sleep apnea machine . The pain in my jaw is gone as well as the feeling of clogged ears .

– Laura M.



SNORING

You snore when the flow of air from your mouth or nose to your lungs makes the tissues of your throat vibrate when you sleep. This can make a loud, raspy noise. Sometimes, people who snore also have sleep apnea.

UPPER AIRWAY RESISTANCE SYNDROME (UARS)

UARS is a condition in which the soft tissue of the throat relaxes, reduces the size of the airway, and results in disturbed sleep and consequent daytime impairment, including excessive daytime sleepiness.

OBSTRUCTIVE SLEEP APNEA (OSA)

OSA occurs when the airway completely or partially collapses repeatedly throughout the night. During sleep, the soft tissues in the throat relax. For someone with OSA, these tissues can block the upper airway enough to disrupt sleep-related breathing.

When the airway is blocked, the oxygen levels in the body drop causing the person to wake up long enough to begin breathing normally again.

These awakenings are often very brief, sometimes only a few seconds, which can be the reason that the affected individual is often not aware that they have the awakenings during sleep.

OBSTRUCTIVE SLEEP APNEA SYMPTOMS

- Daytime sleepiness or fatigue
- Dry mouth or sore throat when you wake up
- Headaches in the morning
- Trouble concentrating, forgetfulness, depression, or crankiness
- Night sweats
- Restlessness during sleep
- Problems with sex, like a low sex drive
- Snoring
- Waking up suddenly and feeling like you're gasping or choking
- Trouble getting up in the morning
- Waking up often in the middle of the night to pee
- High blood pressure
- Gastroesophageal reflux disease (GERD)

WHY ARE WE CHOOSING PROSOMNUS?

ProSomnus is the leading non-CPAP OSA therapy™ for the treatment of Obstructive Sleep Apnea, a serious medical disease affecting over 1 billion people worldwide. ProSomnus intraoral medical devices are engineered to precisely track the treatment plan and anatomy of each patient. It is non-invasive, patient-preferred, and easy to use. ProSomnus precision intraoral devices are FDA-cleared, patented, and covered by most medical insurance.

Wearing the ProSomnus device (like a mouth-guard for your upper and lower jaw) holds your lower jaw gently forward and opens the airway in the back of your throat. This makes it less likely that the air rippling through the partially closed airway causes snoring, and your breathing flows more easily.

PHYSIOLOGIC BASED DENTISTRY

Physiologic Based Dentistry is an approach to dental treatment that focuses on correcting jaw misalignment. The primary element that sets physiologic dentistry apart from traditional dentistry is that this approach considers the nerves, muscles, and the correct positioning of the jaws. In contrast, traditional dentistry focuses on just the teeth and joints.

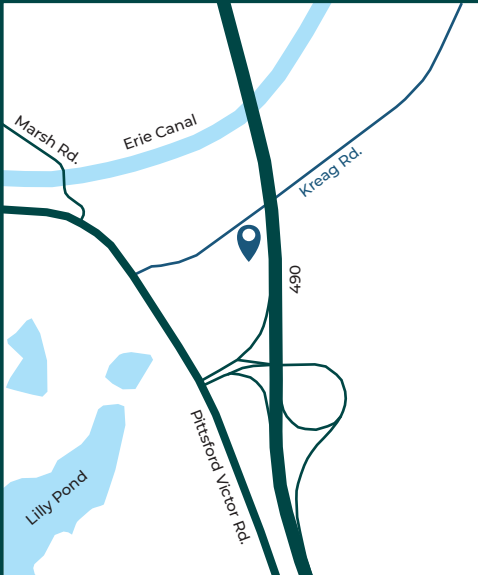
Physiologic dentists determine the optimal position of the jaw to correct misalignment and adjust how the upper and lower teeth come together (occlusion). By realigning the jaw joint through the use of cosmetic dental restorations, tooth recontouring (equilibration), or orthodontics, neuromuscular dentists strive to alleviate stress from the jaw muscles and eliminate painful symptoms of temporomandibular joint disorder (TMJ or TMD).

MEET THE DOCTOR

Dr. Thomas DeStefano earned Fellowship status at the world-renowned Las Vegas Institute for Advanced Dental Studies, the leading facility for training in physiological dentistry. He is trained in the diagnosis and treatment of physiologic disorders, such as TMJ.

Dr. DeStefano is also trained in the physiologic approach to Dental Sleep Medicine to identify, refer, and help co-manage patients with snoring and those suffering from the potentially deadly effects of obstructive sleep apnea.

**Call us at (585) 248-2383
to schedule your consult.**



DESTEFANO
DENTISTRY

Office Hours

Monday - Thursday: 7:30am - 5:00pm

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