



Amazing Dental

AMAZING DENTAL PTY LTD  
9 Moss St  
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Tel: 02 4422 7800 Fax: 02 4422 7866  
Dr Johnny Chan  
BDS BSc (Dent) (Hon)  
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Master of Laser Dentistry  
Provider Number: 222422JF

## Sleep Medicine, Anti-Snoring, Sleep Apnoea Treatments at Amazing Dental

### What is sleep medicine?

Sleep medicine is a relatively new medical specialty devoted to the diagnosis and treatment for patients who suffer with sleep disorders. It begins around the early 1920s and becomes more formally researched from 1960s.

There are many types of sleep disorders, the most common sleep disorders are:

- Insomnia
- Sleep apnoea (obstructive)
- Narcolepsy
- Restless legs syndrome

In the past 20 years, there has been a huge amount of information discovered on how 'poor sleep' affects our bodies. From all these researches, the conclusion is:

**“Sleep disorders affect every part of our body and can slowly kill us!”**

### How do we treat sleep disorders?

At the moment, there is no single way to treat sleep disorders. Depending on which type of sleep disorder, the treatment ranges from medication (e.g. Modafini, Melatonin) to behavioural and psychotherapy (e.g. relaxation therapy, hypnosis) or combination of many.

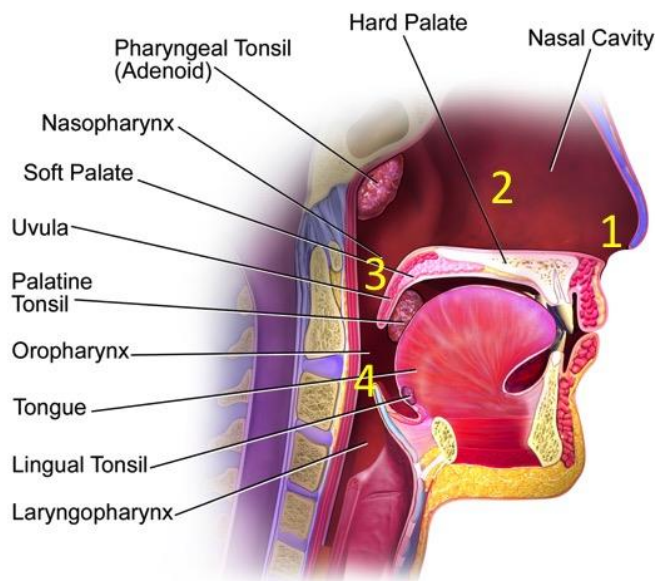
## How does Amazing Dental helps to treat sleep disorders?

In Amazing Dental, we are targeting one type of sleep disorder:

### Obstructive Sleep Apnoea (OSA)

In simple terms, OSA occurs when one or more of these areas are blocked during sleep:

1. Nostril
2. Inside the nose
3. Back of the nose/mouth (Naso- and Oro-pharynx)
4. Back of the tongue (Laryngopharynx)



Most commonly, the blockage occurs in areas 3 and 4.

Some common dental symptoms from OSA are:

- Grinding teeth during sleep (Bruxism)
- Teeth/Fillings fractures
- Jaw and Face pain
- Teeth crowding

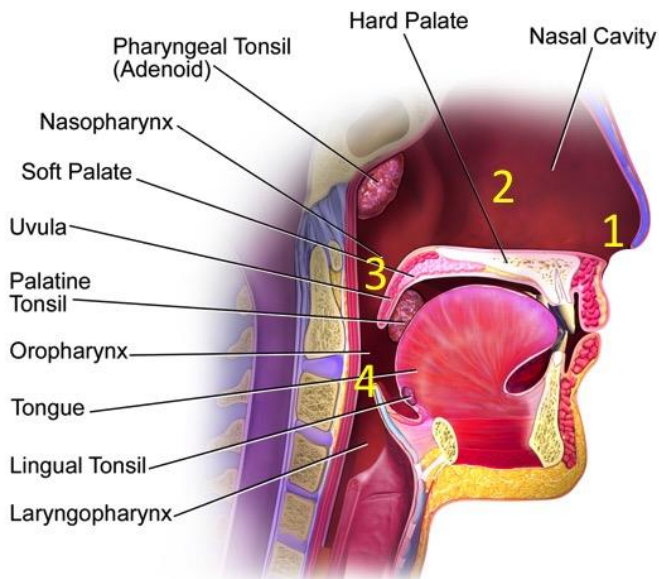


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Some common systemic (body) symptoms from OSA are:

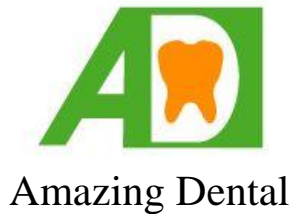
- **Snoring**
- Excessive Day-Time Sleepiness
- Speech problem
- Cardiovascular disorders e.g. high blood pressure, heart attack, stroke
- Endocrine disorders e.g. diabetic, sexual dysfunction, obesity
- Psychological disorders e.g. behavioural problem and poor school work in kid  
Anxiety, Depression, poor concentration



Traditionally, the gold standard treatments by research and medical doctors are:

1. Weight lost - reducing fat deposit around head and neck allows the “airway-tube” to be more open in areas 3 & 4
- AND
2. CPAP machine - literally “blast open” all areas from 1 to 4 through air pressure

However, both treatments are **not well tolerated** by patients!



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In Amazing Dental, we provide treatments that help the areas 3 or 4 to open. They also help to make CPAP machines more tolerable.

These treatments are:

- Mandibular Advancement Splint - more for area 4 and some for area 3
- Laser (Nightlase®) - tightening soft palate area 3
- Orthodontic (plate and/or brace) - at growing stage, it help to shape areas 3 and 4
- Tongue tie release - free up the tongue to develop areas 3 and 4

### **BIG DISCLAIMERS (Please Read)**

1. Although all our treatments have research backing-up their efficacies, they are considered as an “alternate” treatment by medical professions because combination of weight lost and CPAP has the highest resolution of OSA.
2. Nightlase® is a very new technology (since ~ 2013) primarily for treating snoring and helps to improve OSA. Many medical doctors do not have any information about it and therefore, they may have a negative view on it.
3. Prior to any treatments for OSA, we strongly recommend patients to have a sleep study done in the sleep lab and have a diagnosis made by a sleep physician. It is also recommended patients have a follow up sleep study to monitor the changes. This is particularly important for patients who seek anti-snoring treatment. Snoring may or may not be related to underlying OSA.



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## Mandibular Advancement Splint (MAS)

According to the guideline from American Academy of Sleep Medicine (AASM), which is also the same guideline for Australia, MAS must be custom made and titratable.

Amazing Dental is aware that there are some MAS's being sold from online stores and in the pharmacy. However, the results from them can vary. Ill-fitting MAS's can cause jaw pain, toothache, tooth movement and tooth mobility, especially on the lower front teeth.

In Amazing Dental, we prescribe the two main well-known MAS's in Australia and the world; they are the SomnoMed and Olmos Appliance.



## ON3- NIGHT POSITIONER

### INDICATION-

- ◆ Combines benefits of Anterior pad with no posterior occlusion of ON1 and the anterior ramp of ON2 to support the mandible in the supine position.
- ◆ Reduces inflammation (capsulitis).
- ◆ Prevents locking in supine position.
- ◆ Improve airway obstruction.
- ◆ Reduces clenching or grinding.
- ◆ Available in Acrylic with ball clasp or Pressure formed (PMT).






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## Nightlase®

As mentioned in the Disclaimer, Nightlase® is a recent technology that uses laser to stimulate and reactivate the collagen-lying cells around naso- and oro-pharynx, as well as around the tongue. These cells then form new collagen and tighten up primarily the soft palate (area 3) and some parts of the tongue (area 4), therefore reducing snoring and improving OSA.



**The Medical Power of Light**

**NightLase  
Snoring and Apnea Treatment**

- Non-invasive
- Increases the quality of a patient's sleep
- Extremely easy for any doctor or dentist to perform
- Lessen the effects of snoring and sleep apnea
- Safe and patient-friendly treatment

The treatment usually involves 3 x 30 mins sessions. It is a non-invasive procedure. Most patients will experience a warm sensation during treatment and have minimum recovery time (within a couple of hours).

Similar to toning up muscles or tightening up the skin, the responses from Nightlase® treatments can vary. Some patients can see and feel the changes immediately, while others may take a few days to weeks. The effects after the whole treatment usually last 1-2 years, depending on patient's lifestyle and elasticity of the original tissues.





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These are the steps for Nightlase® treatment:

1. Consultation - to see if Nightlase® is suitable for you
2. Sleep Study from Sleep lab - to evaluate Snoring or OSA severity (Recommended)  
- or Take-Home sleep study (fee charge)
3. Download SnoreLab - an arbitrary recording Apps (free for limited use)
4. Record sleeping for 2-3 nights
5. 1<sup>st</sup> session Nightlase®
6. Record sleeping for 1-2 nights
7. 2<sup>nd</sup> session Nightlase®
8. Record sleeping for 1-2 nights
9. 3<sup>rd</sup> session Nightlase®
10. Record sleeping for 1-2 nights
11. Repeat if needed



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## Tongue Tie

Tongue-tie, or “Anchored tongue” is a condition where the ligament under the tongue is too fibrous, thick and rigid. This interferes with the movement of the tongue and causes:

For Infants:

- Inability to suck milk from bottle or during breastfeeding
- Pain and nipple damage for mother

For Children:

- Inability to chew properly
- Speech problem
- Difficulty swallowing
- Poor development of the jaws
- Teeth crowding
- Indigestion

For Adult

- Speech problems
- Jaw pain and headaches
- Indigestion
- Kissing problems

The best timing for treating tongue-tie is at the time of birth, nipping the ligament with scalpel by the doctor. If it was missed, the ligament still can remove by the age of 1.

After that, it is not recommend treatment of tongue-tie between the ages 2-6 as increase risk of complication.

The next best time for treating tongue-tie is at the ages 7-10 when the development of the jaw starts or at any ages it “discovers”.

In Amazing Dental, tongue-tie is removed using laser, which provides a faster healing and less pain. The procedure takes few minutes and the recovery time is usually within 1-2 days.