

Welcome

Millions of Americans experience interrupted sleep because of their snoring or a loved one's snoring. Restless nights of tossing and turning can have a significant impact on the quality of your life. Snoring also causes relationships to suffer as loved ones disturbed by loud snoring are deprived of sleep, which leads to irritability, poor performance at work and severe daytime drowsiness.

Going through your day tired is not a good way to live. We are supposed to wake up feeling refreshed, not exhausted, cranky and achy.

Snoring may also be a symptom of Obstructive Sleep Apnea (OSA), a condition that not only robs people of a good night's sleep—but jeopardizes their health and wellbeing. Left untreated, OSA can have devastating health consequences, including hypertension, stroke, cancer, depression, acid reflux and a lowered quality of life.

I established Dental Sleep Center of Hawaii to enable people to benefit from the latest advances in FDA-approved oral appliance treatment for snoring and OSA. My patients are experiencing increased energy, improved alertness and stabilization of blood pressure, among other healthy changes.

In health,



Trevor Hartwell, DDS



Dental solutions for snoring and obstructive sleep apnea.

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Treatment of Snoring & Obstructive Sleep Apnea



**DENTAL
SLEEP
CENTER**
of Hawaii

Dental solutions for snoring and obstructive sleep apnea

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Treating Sleep Disordered Breathing

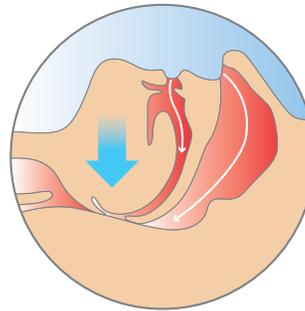
Until recently, it was thought that if you had sleep apnea your only option was to wear the CPAP. Dr. Hartwell emphasizes that there is a place for the CPAP in treating certain patients, depending on the severity of the disease. However, therapy using orthodontic like retainers is a viable option for the majority of patients, particularly those who cannot tolerate using a CPAP. Importantly, advances in oral appliance therapy have resulted in equivalent rates of effectiveness with the CPAP, providing a more comfortable and aesthetically pleasing choice of treating OSA.

Oral retainers gently reposition the mandible forward, which opens the airway and prevents snoring and cessation of breathing while sleeping.

Most medical insurances cover services for FDA-approved treatments for OSA. The Center is a participating provider with most major insurance companies.

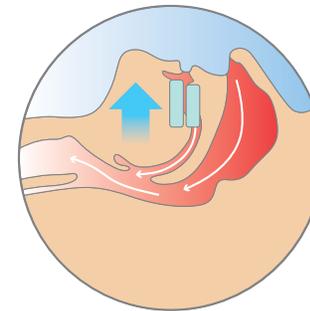
Obstructive Sleep Apnea

As muscles relax, the airway can become blocked.



Oral Appliance Therapy

Oral appliance in place, air flows freely.



Dental Treatment Flow

Obtaining your oral appliance and ensuring that it fits comfortably and works effectively is approximately a six-month process. Here's what you can expect:

Health care provider assessment

- Exam to identify OSA symptoms
- Referral to a sleep lab

Sleep lab analysis

- Diagnosis of OSA
- Prescription for oral appliance therapy
- Referral to Dr. Hartwell

1st Appointment

- Determine if oral appliance therapy is for you by ruling out dental or TMJ contraindications
- Teeth impressions

2nd Appointment

- Device fitting
- Adjustment

Follow Up Care

- Continued fitting and adjustment as necessary
- Progress report sent to your referring physician
- Follow up testing to verify efficacy

Long-Term Follow-Up

- Annual check up to evaluate oral appliance's fit and functioning