

J46 Snoring Device

November 2009

Intro: Some people may laugh about it, but snoring is really not that funny. It can disrupt your sleep and that of your spouse. And if you have sleep apnea and you stop breathing during the night, you have an increased risk of cardiovascular problems such as high blood pressure or even heart attack. Doctors at Mayo Clinic are helping many patients with mild to moderate sleep apnea and people who simply snore get a good night's rest. That's thanks to a special dental device.

Video

total running time 1:32

Audio

“IT TOOK A FEW DAYS TO ADJUST TO IT, BUT NOW I WILL NOT GO TO SLEEP WITHOUT IT.”

THE “IT” THAT SHARON SWENSON IS TALKING ABOUT IS A CUSTOM FIT DENTAL DEVICE SHE WEARS AT NIGHT TO STOP SNORING AND MILD TO MODERATE SLEEP APNEA.

“I WOKE UP AT 2 O’CLOCK IN THE MORNING, 4 O’CLOCK IN THE MORNING.”

SHARON WAS EXHAUSTED DURING THE DAY. HER BLOOD PRESSURE WAS UP, AND BECAUSE SHE WAS SO SLEEP DEPRIVED, IT WAS HARD

TO COPE WITH PAIN FROM AN OLD
BACK INJURY.

“WALKING, STANDING IN THE
KITCHEN. DOING ALL THESE
THINGS THAT I DO ROUTINELY
WAS IMPAIRED BY THE FACT THAT
I HAD SLEEP APNEA.”

YOU SEE SLEEP APNEA AND
SNORING CAN HAPPEN WHEN
YOUR TONGUE AND SOFT TISSUE
COLLAPSE DURING SLEEP AND
OBSTRUCT YOUR AIRWAY. C-PAP
MACHINES PUSH AIR IN TO KEEP
THE THROAT OPEN.

“MOST PEOPLE DO WELL WITH C-
PAP. BUT THOSE WHO DON'T LOVE
THESE THINGS.”

DR. KEVIN REID SAYS THIS DENTAL
DEVICE IS CUSTOM FIT TO YOUR
MOUTH. IT WORKS BY VERY
GENTLY AND SLIGHTLY PULLING
THE LOWER JAW FORWARD TO
KEEP THE AIRWAY OPEN.

CG :46 to :51

Kevin Reid, D.M.D.

Mayo Clinic

Standup
CG 1:08 to 1:19
Vivien Williams
Reporting

“THESE ARE VERY EFFECTIVE AT REDUCING SNORING, PRIMARY SNORING, EVEN IN THE ABSENCE OF OBSTRUCTIVE SLEEP APNEA.” BUT BEFORE YOU GET ONE OF THESE DEVICES, DR. REID RECOMMENDS YOU TALK TO A SLEEP PHYSICIAN. THAT WAY THEY CAN DETERMINE IF YOU HAVE ANY CONDITIONS ASSOCIATED WITH SLEEP APNEA SUCH AS CARDIOVASCULAR DISEASE. THAT’S WHAT SHARON DID. AND NOW HER BLOOD PRESSURE IS DOWN, BACK PAIN IS IMPROVED AND SHE’S MUCH LESS TIRED DURING THE DAY.

CG 1:26 to 1:29
Sharon Swenson
Uses snoring device

“I AM SO RELIEVED TO BE ABLE TO GET A GOOD NIGHT’S SLEEP!” FOR MEDICAL EDGE, I’M VIVIEN WILLIAMS.

Anchor tag:

Dr. Reid says these devices should be fitted for you by a dentist. And because they very minimally move jaw forward, your bite may slightly change over time. Sharon says that’s a small price to pay for a good night’s sleep and improved health. For more

information, visit our website at...[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]