

Snoring

Are you kept awake at night by your spouses snoring?

We offer the Snore Guard that could help put the sleep back into your nights!

Snoring is no laughing matter. Those nighttime noises make people irritable and over tired in the morning but may also be hiding a serious disorder called Sleep Apnea. This condition is often undiagnosed and can lead to serious health problems. Sleep Apnea is a medical condition where the person stops breathing many times during the night causing a loud snoring noise each time breathing starts back up. It has been estimated that this condition affects approximately 9 percent of the U.S. population.

Sleep Apnea has been linked to SIDS, ADD/ADHD, poor school or job performance, higher car accident rates, and trouble concentrating. In addition to these, sleep apnea doubles the risk of high blood pressure, triples the risk of coronary (heart) disease, and quadruples the risk of strokes.

Over 50% of Americans snore and there are a number of reasons for snoring. Being overweight, smoking, using alcohol or muscle relaxers can all contribute to the problem. There may also be several anatomical reasons like enlarged tonsils, a large tongue, small lower jaw, deviated septum, small airway etc. Dr. Burba has been trained to recognize all of these problems and can help to treat them.

Something as simple as a specially designed night guard can help to reposition the lower jaw, tongue, or other parts of the upper airway to allow a more unobstructed flow of air. This can reduce and in many cases completely eliminate the snoring.

YOU OWE IT TO YOURSELF AND YOUR SPOUSE TO GET THE BEST NIGHTS SLEEP POSSIBLE!