

A modern, comfortable solution to **sleep apnea & snoring.**

DR. STEPHEN URA

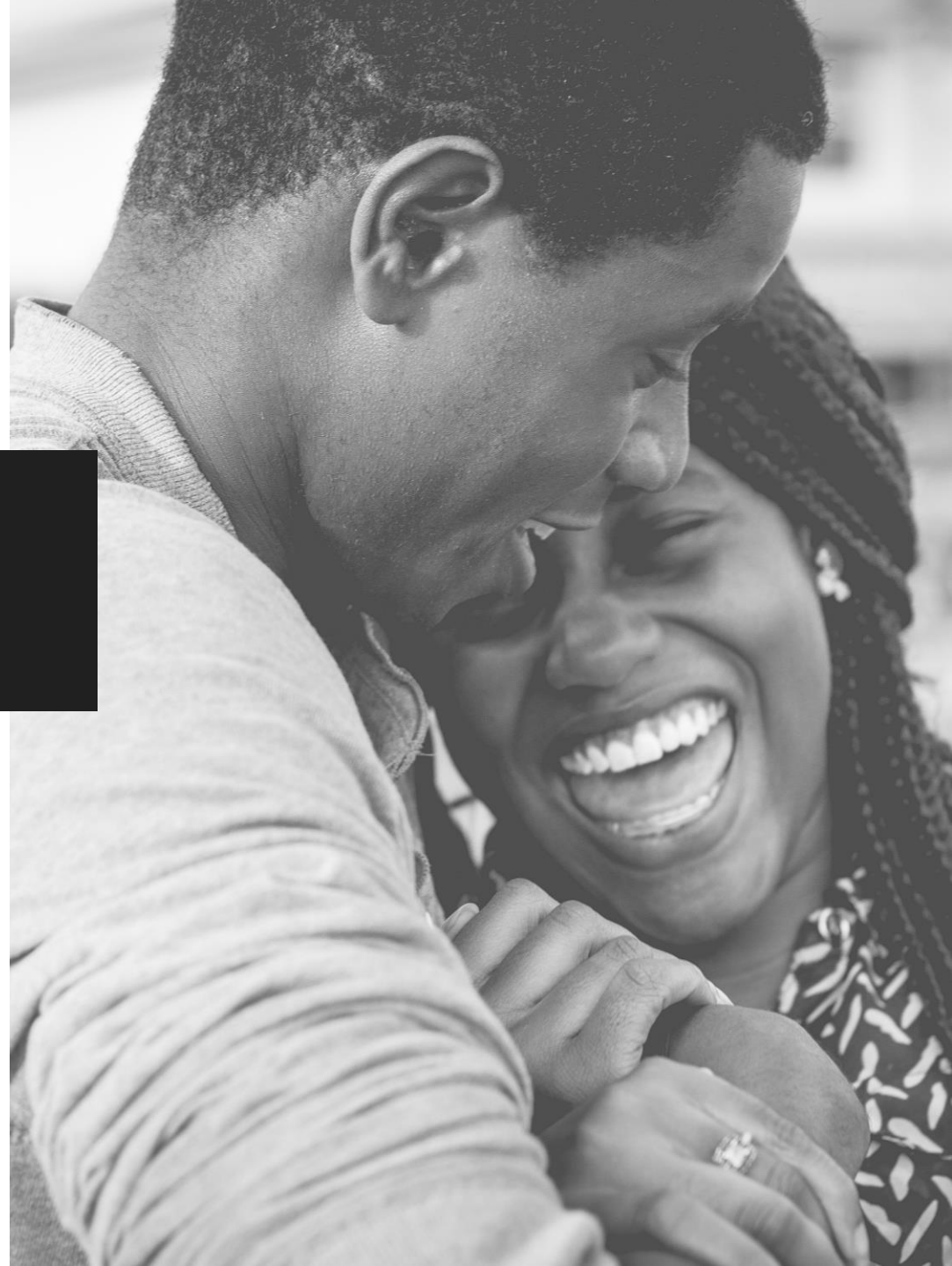
STEPHEN C. URA, DDS, MAGD
CENTER FOR DENTAL SLEEP HEALTH
Healthy Sleep...Healthy Life

Imagine a life with more energy and greater happiness.

> "MY HUSBAND TRIED INFOMERCIAL SNORING APPLIANCES…THEY BROKE, CAUSED PAIN, OR SIMPLY DIDN'T WORK. NOTHING SEEMED TO HELP UNTIL HE TRIED A CUSTOM FITTED, ADJUSTABLE APPLIANCE."

Sleep is the **foundation** for the rest of your day. It determines your energy levels, your mood, and your ability to act. It can affect your relationships with your coworkers, friends, and **even your loved one**.

Sleep apnea can undermine your life and it can even take a toll on your overall health. **It's what motivates me to provide a better solution.**



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What causes sleep apnea & chronic snoring?

Sleep apnea is caused by an obstruction of the airway through which we breathe. While sleep apnea causes snoring, snoring can have other causes as well. Symptoms can include: irritability, a lack of energy and drive, and morning headaches. It can completely change your behavior and you as a person.

Whether you have sleep apnea, or just plain snore, **getting diagnosed and treated can make a real difference in your life.** Apart from a better night's sleep, it can help your motivation and with restoring the passion in your relationship and life.



Normal airway

Obstructive sleep apnea

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Sleep deprivation & your health.

MIND

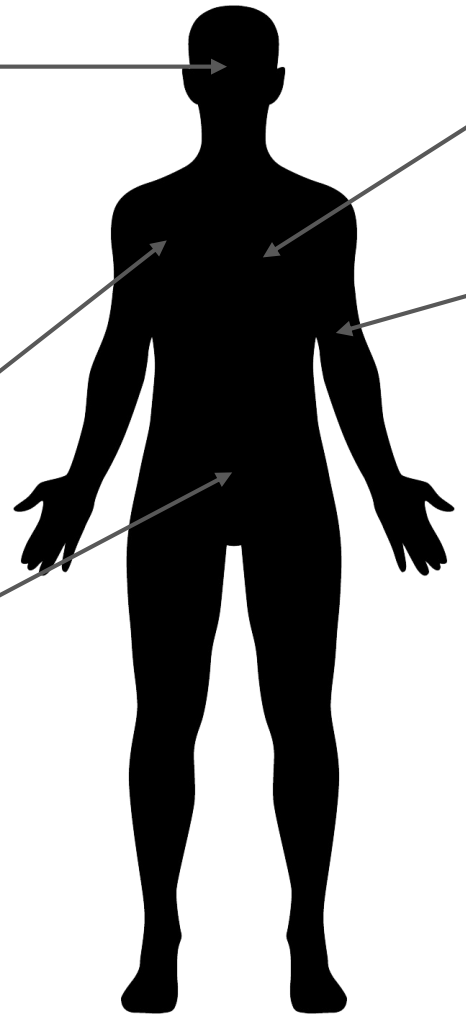
- Cognitive impairment
- Memory loss or lapse
- Hallucinations
- Impaired judgment
- Symptoms often mistaken for ADHD

LYMPH NODES

- Weakening of the immune system

PANCREAS

- Increased risk of Type 2 diabetes



HEART

- Irregularities in heart rate
- Higher risk of heart disease

MUSCULAR

- Pain
- Tremors and ticks
- Decreased reaction time

OTHER HEALTH EFFECTS

- Growth suppression
- Decreased temperature
- Higher risk of weight gain and obesity.

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Alternatives to CPAP.

CPAP is an excellent solution if you have severe sleep apnea. For those who suffer from mild or moderate sleep apnea, or just snore, **there is a more comfortable, less intrusive alternative.**





ORAL APPLIANCES

Once diagnosed, we can provide you with a custom-crafted and adjustable oral appliance that you wear while you sleep, to help keep your airway open and unobstructed.

This option is more comfortable to wear than CPAP, is portable, and is remarkably easy to care for.

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Benefits of an oral appliance.

GREATER COMFORT

Our oral appliance is *much* less intrusive than a traditional CPAP machine.

SMALL & PORTABLE

Take it with you when you travel without carrying around an entire machine.

EASY MAINTENANCE

Rinse your oral appliance out routinely, and enjoy a better night's sleep.



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3 steps to a better life.

1

SLEEP STUDY

Through a sleep study, a specialist can give you a definitive diagnosis.

2

APPLIANCE FITTING

You'll be given a custom-designed, properly adjusted oral appliance to wear at night.

3

A GOOD NIGHT'S SLEEP

With the good sleep you need, you'll feel energized and healthier.

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Our story.

Treating sleep apnea in dentistry is a relatively newer field. Dr. Ura saw the importance the airway had in treating patients in his dental practice. Upon taking some introductory courses, he discovered the need to have dentists who are highly trained in sleep apnea, not just have a weekend course.

He took the renowned dental sleep medicine program at Tufts University. While this gave him extensive training, he then embarked on enrolling in the Master Program given by the American Academy of Dental Sleep Medicine. Dr. Ura has attended over 250 hours in training in dental sleep medicine.

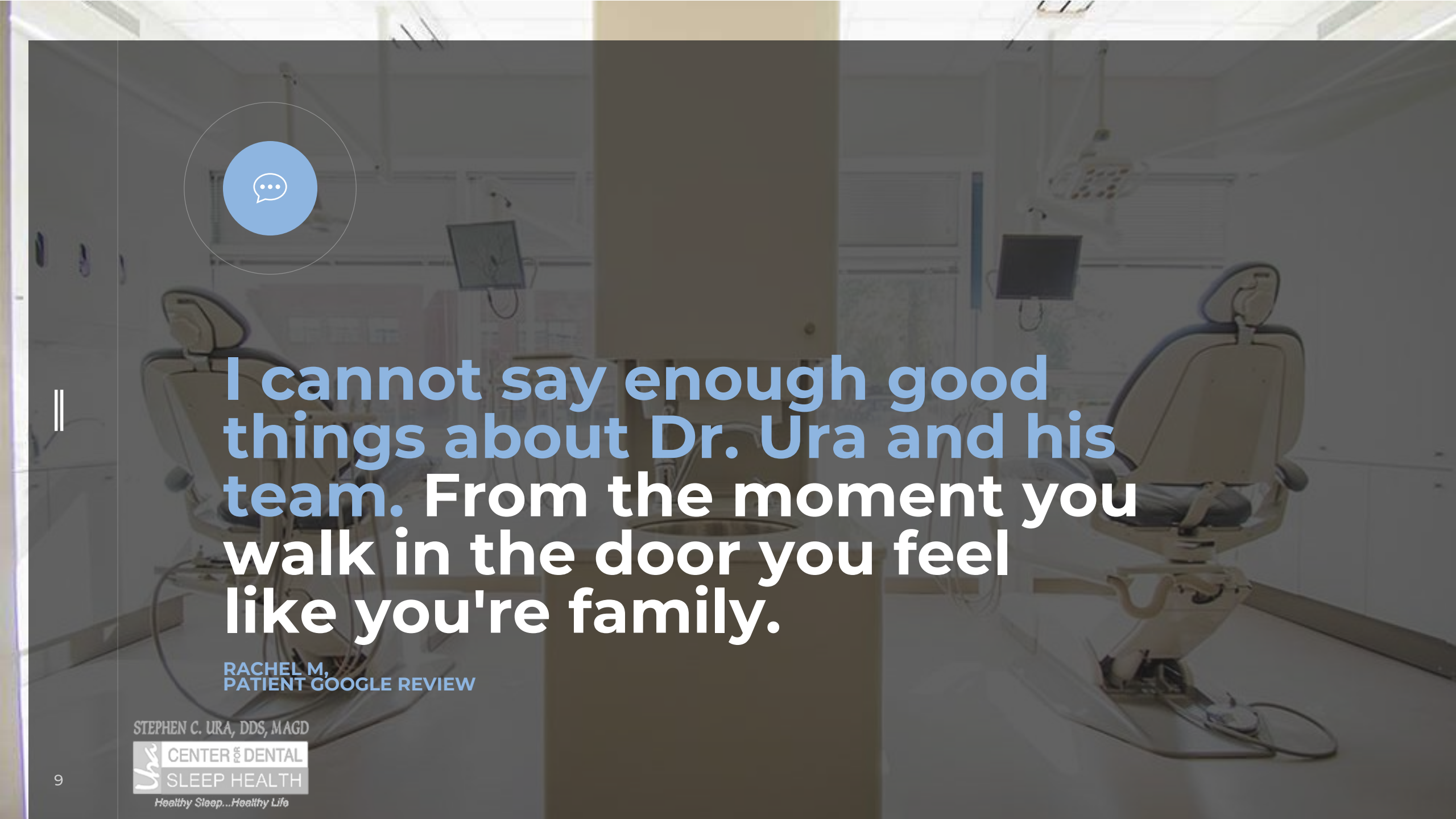
Dr. Ura also recognizes the importance of working with your physician and board-certified sleep physicians. Too often, a remotely contracted physician will read a sleep study so that the dentist can provide an oral appliance without fully understanding the patient's circumstance.

Dr. Ura understands the importance of the face-to-face meeting so that the proper diagnosis and treatment can be provided. This is why he has developed relationships with board-certified sleep physicians.

Our goal at the Center For Dental Sleep Health is to make a positive impact on your life. We recognize that many times sleep apnea is untreated due to patients not knowing alternatives, or worse yet, buying a snoring solution on the internet without knowing if they have a life-threatening condition.

We look forward to meeting you to see how we can positively impact your life!





I cannot say enough good things about Dr. Ura and his team. From the moment you walk in the door you feel like you're family.

RACHEL M,
PATIENT GOOGLE REVIEW

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