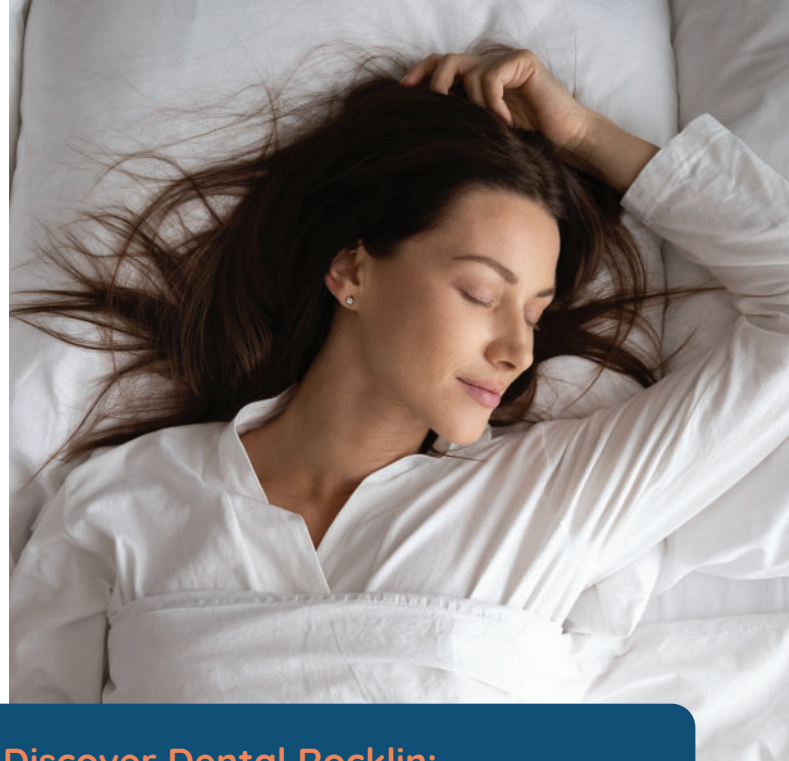


# Your Partner for RESTFUL SLEEP

## Understanding Sleep & Dental Health



### Discover Dental Rocklin: Your Partner in Sleep Wellness!

Beyond teeth, we focus on the **health of your entire mouth and throat**, including screening and treating sleep-related breathing disorders like sleep apnea. While CPAP machines are the standard treatment, not everyone finds them effective or comfortable. That's where oral appliances come in—they're worn nightly and can be a more suitable option for some, promoting better sleep quality without the **discomfort of a CPAP**.

Discover Dental Rocklin can help you improve your rest and your health with a **customized oral appliance**. Smaller, silent, and more comfortable than traditional CPAP machines, a customized oral appliance may be your key to comfort and rest!

For mild to moderate sleep apnea, an oral appliance is an effective way to **open the airway and help with teeth grinding** disorder to prevent unnecessary tooth damage. The appliance shifts your jaw slightly forward during sleep to keep the airway open so that you can breathe. We can create a custom appliance.

### Why Do We Snore?

**Snoring** is a widespread concern among adults, yet it often goes unaddressed. Typically, snoring arises from the soft palate's loss of elasticity due to aging or a reduction in throat volume caused by weight gain.



**10-30%**  
of adults in the United  
States are estimated  
to have OSA.

**Snoring** isn't just a minor annoyance—it's a sign that something may be obstructing your airway while you sleep. This obstruction can lead to abnormal breathing patterns, potentially causing serious health issues like **obstructive sleep apnea (OSA)** or airway resistance disorders. Think of it as someone intermittently choking you in your sleep, causing stress on your body, especially the heart, and potentially leading to serious health issues like high blood pressure, daytime sleepiness, memory problems, and more.

Even though you're in bed all night, you're never getting any real rest. Without proper treatment, sleep problems can wreak havoc on your health, leading to conditions like:



Daytime Sleepiness



Weight Gain



Short Term  
Memory Issues



Trouble Learning  
New Skills



Depression  
and Anxiety



Type II Diabetes



High Blood  
Pressure



Stroke



Heart Attacks



Dementia



Death

# Why Dr. Pak is Your Best Sleep Ally!

## Here's Why:



**Frequency of Visits:** You likely see Dr. Pak more often than your family physician. This means she has more opportunities to observe signs of sleep problems, such as wear on your teeth, which can indicate issues like teeth grinding (bruxism) often associated with sleep disorders.



**Access to Treatment:** Unlike family physicians, Dr. Pak can provide sleep appliances as a treatment option for certain sleep disorders. These appliances can be an effective alternative to CPAP machines for some patients.



**Prioritizing Sleep Health:** While many medical professionals understand the importance of sleep, Dr. Pak may prioritize it differently due to their unique perspective on its impact on oral health. They may also have more specialized knowledge in this area compared to some physicians.

## Discover Dental Rocklin is Here to Help!

### Oral Sleep Therapy (OAT) at Discover Dental Rocklin.

Dr. Jaclyn Pak offers a range of customized oral sleep appliances tailored to the comfort and needs of each patient. These devices are designed to be smaller, quieter, and more comfortable than traditional CPAP machines, making them an excellent option for improving rest and overall health.



CPAP therapy is often the first-line treatment for Obstructive Sleep Apnea (OSA). However, many patients find it challenging to adhere to this treatment.

Patients often find OAT more effective, easier to use, and more convenient to transport. Additionally, these devices are quiet, comfortable, noninvasive, and less obtrusive than CPAP machines. Dr. Pak ensures that all the oral appliances she offers are FDA-approved, ensuring safety and efficacy for her patients. With a customized oral appliance from Dr. Pak, you can enjoy a restful night's sleep and significant improvements in your overall health and well-being.



50%

OF PATIENTS DISCONTINUE THEIR CPAP THERAPY WITHIN THE FIRST YEAR.

93%

OF PATIENTS REMAIN COMPLIANT WITH ORAL APPLIANCE THERAPY (OAT).



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