

The Hidden Dangers of Snoring



Many people think snoring is just a nuisance. However, there are many documented medical conditions that may be linked to noisy sleep. Snoring is a partial blockage to the airway, and obstructive sleep apnea is a complete blockage of the airway. These two forms of interrupted breathing at night may be caused by obstructed nasal breathing, retruded tongue, small mouth, enlarged tonsils, and/or loss of muscle tone in the airway. As we age, the muscles lose their tone and the accumulation of fat may also lead to airway obstruction. Each time the airway is obstructed, the oxygen level is lowered, blood pressure is raised, and blood sugar levels are raised. Even if you are of normal weight, you could have these issues due to a small or retruded jaw, or missing teeth.

Snoring has been linked to high blood pressure, weight gain, irritability, sexual dysfunction, acid reflux, fatigue, and anxiety. Fifty percent of those who snore have Obstructive Sleep Apnea, which left untreated, can additionally cause heart disease, atrial fibrillation or arrhythmia, and stroke. Treatments available include Continuous Positive Air Pressure (CPAP) machines, oral appliances, surgery, and weight loss if appropriate.

Dr. Tammy Balatgek treats snoring and sleep apnea with Oral Appliances, custom made dental devices that work by opening the bite and moving the lower jaw and tongue forward. The appliance acts as a mechanical splint to expand and keep the airway open during sleep. This method is non-invasive, safe, well tolerated, and effective.

Do you identify with any of the following? Dry mouth upon waking; Clenching or grinding of teeth; Feeling unrefreshed when waking; Trouble falling asleep or staying asleep; Gasping for breath or waking with choking, memory loss and trouble concentrating; CPAP intolerance? If so, we can help improve your quality of life! Call The Center for TMJ and Sleep Disorders, LLC today for an exam with immediate diagnosis and treatment options. 610.796.2825. The Center for TMJ and Sleep Disorders, LLC is located at 2433 Morgantown Rd. Suite 200 (Route 10), Reading, PA 19607.



Do you suffer with headaches?

Have trouble sleeping?

Dislike your CPAP?

Did you know that **headaches, migraines, insomnia, snoring and teeth grinding** may have something in common....

A compromised or closed airway while sleeping.

Research has shown an association between Sleep Apnea, airway issues, and Temporomandibular (Jaw) Joint issues.

Dr. Tammy Balatgek has focused her practice solely on the treatment of TMJ and Sleep Breathing Disorders. If you or a loved one is suffering from chronic headaches, migraines, insomnia, restless sleep, chronic fatigue, grinding or clenching of teeth, call us today for an exam with immediate diagnosis and treatment options.



**1-888-TMJ-SLEEP
610-796-2835**

**CENTER FOR TMJ
& SLEEP DISORDERS, LLC**
Tammy Balatgek, DDS, MS

2433 Morgantown Rd. Suite 200 (Route 10), Reading, PA 19607

WWW.TMJSLEEPCENTER.COM



**11 Robinson Street, Suite 100
Pottstown, PA 19464**

(Note: hours are subject to change)
Hours of Operation— Monday: 8am-8pm
Tuesday-Thursday*: 8am-7pm
Friday**: 8am-5pm • Saturday***: 8am-12pm
*Dental only closes at 5:00pm
**Dental only closes at 4:00pm
***Dental only closes at 3:00pm

700 Heritage Drive, Suite 701

Hours of Operation — Monday: 8am-5pm
Tuesday-Thursday: 8am-7pm
Friday: 8am-5pm

Walk-ins are welcome (For existing patients)

**800 Heritage Drive, Suite 802
(Dental)**

Hours of Operation —
Monday - Wednesday: 8am-6pm
Thursday: 8am-8pm • Friday: 8am-2pm

Phone: 610-326-9460

Fax: 610-326-2432

http://www.ch-dc.org

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