

Sleep easy with Mandibular Repositioning Devices (MRD's)

Research has proven that Mandibular Repositioning Devices can be used to alleviate sleep apnea. These devices separate the jaw and push them forward slightly. This repositioning opens up the airway, and allows oxygen to flow freely again.

Wearers of Mandibular Repositioning Devices report that they stop loud snoring, feel more rested in the daytime, and are much more comfortable going to sleep. In some cases, these appliances can help offer a viable alternative to Continuous Positive Airway Pressure Machines (CPAP).

Custom-made devices puts your personal comfort first. They are crafted from lightweight, flexible and mostly metal-free materials and gives you the freedom to talk and drink, unlike other appliances.

This is a solution so comfortable, you'll never want to go a night without. Get easygoing sleep therapy, night after night, with a Mandibular Repositioning Device.

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Contact us today for a free evaluation!

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Dental Sleep Medicine Centre



For the treatment of **sleep disorders**



mayflowerdentalgroup.com

Mayflower Dental Group
Your smile will say it all



MRD	CPAP
✔ Treats mild to moderate sleep apnea	✔ Treats moderate to severe sleep apnea
✔ Patient acceptance high	✘ Patient acceptance/compliance low
✔ Comfortable to wear	✘ Uncomfortable to wear
✔ Affordable	✘ Expensive
✔ Clinically tested to provide significant reduction in snoring	✘ Eliminates snoring only when worn

Sleep Apnea

Have you been told that you snore loudly or make frequent gasping noises when you sleep? If so, it is possible that you have a condition called sleep apnea. Sleep apnea occurs when you continually stop breathing for as little as 10 seconds or as long as one minute or more during your sleep session. Over an 8-hour sleeping period, you could potentially stop breathing hundreds of times lowering oxygen levels to unacceptable lows.

Daytime effects of sleep apnea on your body and mind include:

- **Low energy levels**
- **Concentration difficulties**
- **Headaches**
- **Irritability**
- **Dry or sore throat**
- **Tendency to doze off**

Because apneas disrupt sleep patterns and prevent you from getting deep, refreshing sleep, it can increase the risk of cardiovascular disease, diabetes, gastric reflux (GERD) and weight gain, as well as increase your risk of driving accidents.



Narval



Somnodent

Our Sleep Study Clinic

To be properly diagnosed with obstructive sleep apnea, it is necessary for you to visit a sleep study clinic or have a home sleep study. Dr. Chris Law and the team at Mayflower Dental is qualified to treat snoring and mild to moderate sleep apnea in patients whose condition has been confirmed by a physician. Through sleep apnea treatment, they can help you to not only sleep more soundly but also to feel better during your waking hours.

Dr. Chris Law was born in England and educated at the University in Glasgow Scotland, where he received his BDS in Dentistry in 1967. After working in practices in Newfoundland, Truro, Halifax and Quebec for several years, Dr. Law joined the Dental Arts Group at the Mayflower Mall in 1985 (later known as Mayflower Dental Centre). He has studied extensively in Orthodontics, TMJD and Sleep Apnea since starting his practice with Mayflower Dental Group where he is now Senior Partner.

Call today to book your sleep assessment consultation.

Our sleep studies are supervised by a **Registered Respiratory Therapist. Tammy Weagle, RRT, brings over 15 year experience to the Sleep Centre. She will administer and assess your sleep study and, along with the dental team, recommend a treatment that best suits your individual requirements.**