



TMJ & Sleep Therapy Centre of San Diego
7879 El Cajon Blvd.
La Mesa, CA 91942



HEALTH CONNECTION

HOURS:

Closed
On Fridays

Open
Mon. - Thur. 9:00am-5:00pm

Closed for Lunch
12:00pm - 1:00pm

THE HEALTH RISKS ASSOCIATED WITH SLEEP BREATHING DISORDERS

It is important to understand that the lack of oxygen needed for good sleep does not simply make you tired. There are a wide range of health conditions resulting from the cumulative effect of poor oxygenation and loss of sleep:

Risks For Adults Include:

- Diabetes and Cardiovascular Disease
- High Blood Pressure and Stroke
- Heart Attack
- Dysfunctions of The Nervous System
- Craniofacial Pain, Orthopedic Dysfunction of TM joints

Risks For Children Include:

- Diabetes and Cardiovascular Disease
- Cognitive Deficiency and ADHD
- Impaired Intelligence and Delayed Development
- Depression
- Craniofacial Pain, Orthopedic Dysfunction of TM joints



Dr. Olmos Dr. Smith

National Sleep Awareness Week

TMJ & Sleep Therapy Centre joined National Sleep Foundation on March 6-13, 2016 in their focus to bring the importance of sleep awareness and education to the American public. NIH (National Institutes for Health) has identified that sleep related breathing problems such as obstructive sleep apnea and snoring affect 50 to 70 million Americans. Obstructive sleep apnea has no age boundaries; it affects both adults and children.

Sleep Apnea is defined as the absence of breathing during sleep. When you are not breathing properly during sleep, there is little or no oxygen getting to the lungs; it is like a slow suffocation. Suffocation triggers the cycle of repeated awakening to breathe, resulting in interrupted and poor sleep. Suffocation can also trigger bruxism, which is an unconscious movement to open an airway. This constant movement not only wears down the teeth and the temporomandibular joint, it frequently results in craniofacial pain (headaches, Migraines, TMD). A common reason for the medical condition known as 'Obstructive Sleep Apnea' (OSA) is a poorly positioned jaw or tongue which can lead to a blocked airway, preventing oxygen to the lungs. A custom fabricated oral appliance can be the answer.



The American Association of Pediatrics "Practice Parameters" recently stated that all children should be screened for snoring because of the 70% overlap of snoring and sleep apnea. The numbers are staggering!

The good news is that sleep apnea in children can be cured!

Because children are still growing, their structure can be directed for optimal development of the airway. Non-invasive treatment options are also available for adult patients suffering with sleep apnea including the CPAP intolerant patient.

Contact TMJ & Sleep Therapy Centre of San Diego Phone: 619.466.2774 www.TMJTHERAPYCENTRE.COM

WE GET AROUND!

Getting out and meeting people to educate and share how we can help adults & children with TMJ and chronic headache pain and sleep apnea.



London Sleep Centre Dubai, UAE

We are very happy to announce that Dr. Olmos has opened our newest Centre in Dubai, UAE alongside the London Sleep Centre. This is a very exciting collaboration with one of the top sleep physicians in London and they have already had several top dignitaries from the region come to be treated.



Dr. Olmos making a big impact in Dubai, UAE

36 Centres in 6 Countries!

Mediterranean Houmous



Sleep Related Breathing Disorders



Houmous really is my kryptonite, and it makes a pretty awesome bedtime snack too. Make it in bulk and keep it in the fridge for late-night snack attacks.

Chickpeas are rich in vitamin B6, which is important for the production of melatonin, the sleep hormone. Along with basil, which has been used for centuries in Western herbal medicine as a mild sedative, they create the perfect sleep-boosting snack.

Ingredients

- 1 x 400g tin chickpeas, drained
- juice of ½ lemon
- 4 tablespoons olive oil
- 1 clove garlic, crushed
- 1 bunch fresh basil, leaves torn
- sea salt and black pepper

Enjoy!

Directions

Place all the ingredients in a blender or food processor, season with salt and pepper and blend into a thick, luscious dip. Serve with an oatcake or celery sticks.

6 Foods that Will Help You Sleep

1. Fish

Most fish—and especially salmon, halibut and tuna—boast vitamin B6, which is needed to make melatonin (a sleep-inducing hormone triggered by darkness), according to an article published in the Annals of the New York Academy of Sciences.

2. Tart Cherry Juice

In a small study, melatonin-rich tart cherry juice was shown to aid sleep. When adults with chronic insomnia drank a cup of tart cherry juice twice a day they experienced some relief in the severity of their insomnia.

3. Lettuce

A salad with dinner could speed up your bedtime since lettuce contains lactucarium, which has sedative properties and affects the brain similarly to opium.

4. Walnuts

Walnuts are a good source of tryptophan, a sleep-enhancing amino acid that helps make serotonin and melatonin, the "body clock" hormone that sets your sleep-wake cycles. Additionally, University of Texas researchers found that walnuts contain their own source of melatonin, which may help you fall asleep faster.

5. Kale

Dairy products are well-known calcium-rich foods. But green leafy vegetables, such as kale and collards, also boast healthy doses of calcium. And research suggests that being calcium deficient may make it difficult to fall asleep.

6. Bananas

Bananas, well-known for being rich in potassium, are also a good source of Vitamin B6, which is needed to make melatonin

Obstructive sleep apnea (OSA) is caused by an airway blockage (obstruction) during sleep. During the day, muscles in the airway region keep the throat and airway passage wide open but when a patient has obstructive sleep apnea, the throat collapses during sleep, blocking the airway and preventing air from getting to the lungs. The site of obstruction in most patients is the soft palate, extending to the region at the base of the tongue. There are no rigid structures, such as cartilage or bone, in this area to hold the airway open. So as a person with OSA falls asleep, these muscles relax to a point where the airway collapses and becomes obstructed. Although obstructive sleep apnea (OSA) is typically considered an 'adult' condition, there is no age boundary and OSA can affect otherwise healthy children. OSA may in fact be the root cause of childhood behavior and attention problems. Enlarged tonsils and small structural features of the maxilla / nose, mouth and throat may contribute to OSA. Proper evaluation and testing is needed for accurate diagnosis..

OSA is a medical condition that is diagnosed by a medical doctor, but can be treated by a dentist with special understanding and training on this life threatening breathing disorder. At present, the primary method for diagnosing OSA is to have the patient undergo a sleep study, known as polysomnography (PSG) or home sleep test (HST). We are happy to assist our patients in coordination of necessary sleep testing.

Test Yourself

You should be evaluated if you answer 'Yes', to any of the follow

Do you or your child wake with a sore jaw or unexplained head pain?

Do you grind your teeth, or hear your child grinding?

Are you or a loved one CPAP intolerant?

Do you or your child snore or wake up suddenly at night?

Does your child wet their bed or been diagnosed with Attention Deficit Disorder (ADD)?

Are headaches or ear pain a routine part of your day?

Contact TMJ & Sleep Therapy Centre of San Diego

Phone: 619.466.2774 | www.TMJTHERAPYCENTRE.COM

We are here to help you!! TMJ & Sleep Therapy Centre of San Diego is accredited by the American Academy of Dental Sleep Medicine. Our director, Dr. Steven Olmos, is certified in both Dental Sleep Medicine and Craniofacial pain. We are dedicated exclusively to **non-surgical treatments for Sleep Apnea and Craniofacial Pain.** We understand the unique needs of both adult and pediatric patients, and we are committed to the highest standard of care.