



TMJ & Sleep Therapy Centre of San Diego
7879 El Cajon Blvd.
La Mesa, CA 91942
619-466-2774 | www.TMJSleepSD.com

HOURS:
Open | Mon - Thur
9:00am-5:00pm
Friday | By appointment only
Closed for Lunch



HEALTH FOR PATIENTS

CONNECTION

Back to School Tips for Parents



Meet the new teacher

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night.

Tour the school

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day.

Tool up

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

Ease into the routine

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

Summer 2019!

TMJ & SLEEP THERAPY CENTRE OF SAN DIEGO

American Academy of Dental Sleep Medicine Accredited Facility

Craniofacial Pain ♦ Headaches ♦ TMJ Disorders ♦ Obstructive Sleep Apnea

TMJ & Sleep Therapy Centre of San Diego wish you the best for this year and we would like to WELCOME OUR NEWEST MEMBERS OF THE TEAM!



Meet Veronica! born in Gilroy California. When she's not educating patients, you will most likely see her spending time with her family.

Meet Jodi! born in Oakland California .When she is not assisting our wonderful patients at the front desk you can find her reading a book, or spending time with friends and family



Meet Jana! a local San Diegan. When she is not helping our patients live a healthier life, she is with her dog Hiking, going to the beach and being outdoors.

Meet Kayla! Born in Bridgeport CT. When Kayla is not bringing smiles to our patients you can find her playing all types of sports with her son.



Meet Brianna! Born in Morgan Hill Ca. When Brianna isn't providing relief to our patients in pain, you can find her exploring places in San Diego and Orange County.



Pediatric Obstructive Sleep Apnea (OSA)

TMJ & Sleep Therapy Centre of San Diego

The American Academy of Pediatrics since 2012 has established practice guidelines that state: "All children/adolescents should be screened for snoring. Polysomnography should be performed in children/adolescents with snoring and symptoms/signs of OSAS." [Obstructive Sleep Apnea Symptoms]



What to look for:

- | | |
|----------------------------------------------------------|------------------|
| 1. Retrognathic mandible | 7. Crossbite |
| 2. Open mouth posture (mouth breathing) | 8. Crowded teeth |
| 3. Cranial distortion (specifically midface deficiency). | 9. Narrow palate |
| 4. Dolichocephalic (long face) | 10. Tongue tie |
| 5. Teeth Grinding | 11. Obesity |
| 6. Forward head posture | |

Sleep-disordered breathing in the first five years of life is associated with a 40 to 60% greater chance of special educational needs by age 8.

Symptoms:

1. Mouth-breathing
2. Snoring
3. Tossing and turning during sleep
4. Gasping or choking during sleep
5. Mood swings (explosive), excessively tired, sad
6. Bed-wetting, sleep-walking,
7. Diminished growth, hormonal, metabolic problems
8. Cognitive, behavioral, metabolic, cardiovascular and endocrine effects, which have long-term effects throughout life.
9. Chronic headaches and facial pain. 1 in 6 children have TMD symptoms
10. 25% of children diagnosed with ADHD problems have OSA that result in learning difficulties and behavior problems the consequence of chronic fragmented sleep.



WE
CAN
HELP

The good news is that children suffering from sleep breathing disorders are still growing, their structure can be directed for optimal developmental. Our dentists are trained in dental sleep medicine and structural, skeletal development. They are able to evaluate and determine the cause of your child's sleep problems and provide treatment.

Monitoring Your Child:

- Does your child wake unrefreshed in the Morning?
 - In the morning, are your child's bed sheets strewn all about the bed?
- Does your child have dark circles under their eyes?

if you answered yes to any one of these questions

Visit us at www.TMJSleepSD.com or call (619) 466-2873