
Colorado Guide To Sleep Apnea Dental Treatment

Is Sleep Apnea Dental Treatment For You?

ADLER
ADVANCED DENTISTRY

TABLE OF CONTENTS

Colorado Guide to Sleep Apnea Dental Treatment

3

About Sleep Apnea

4

In-Home Sleep Study
(Medibyte Jr.)

5

Evaluation & Treatment

6

MicrO₂ Oral Appliance

7

What Our Patients Say

8

Dr. Michael Adler

ADLER
ADVANCED DENTISTRY

Introduction

About Sleep Apnea

Sleep apnea is a disorder that occurs during sleep when the airway becomes completely blocked and breathing stops. When the brain detects the lack of oxygen, it prompts a momentary arousal to breathe. Sometimes snoring can be a symptom of sleep apnea, but a person can also be completely unaware they suffer from this condition.

The most common treatment for sleep apnea is a CPAP — or Continuous Positive Airway Pressure — machine. This machine is effective in alleviating the dangerous breathing pattern, but many patients are uncomfortable being hooked up to a machine all night and compliance is low.

We take a different approach.



In-Home Sleep Study

We use an at home sleep-wearable device called the Medibyte Jr. (kit pictured below), to conduct a sleep study in the comfort of your own home.

Medibyte Jr. allows us to gather information on whether or not you may be a candidate for the Micro₂ appliance (pictured page 6).



[Click To Watch Demo Video](#)

Evaluation & Treatment

- On your first visit we will conduct a dental exam to confirm your oral health status and make sure that you are dentally appropriate for the device.
- We will set you up for an at-home sleep study with a sleep-wearable, wireless physiological recorder worn around the chest. It measures blood oxygen saturation and pulse rate, airflow, respiratory effort venous volume, snoring levels, body movement and body position. Many people prefer diagnosing their sleep pattern by sleeping in their normal environment.
- You drop off the recorder and we transfer the data to a team of sleep specialists who help us interpret the severity of sleep apnea.
- Based on the diagnosis, we will have you back in to take the dental impressions required in order to make you a MicrO₂ appliance.
- Once your custom made device is ready, we will show you how to properly use and care for it.
- We will conduct a follow-up sleep study, once again in your home, to determine the effectiveness of the device and to make adjustments that improve its results.

MicrO₂ Oral Appliance

We offer a custom-made oral appliance — called the MicrO₂ appliance — to treat mild to moderate sleep apnea, while some severe cases include the assistance of a sleep physician. The adjustable device works by pulling the jaw forward in an optimal position to keep the airway properly positioned as well as in a position that keeps muscles comfortable. The appliance is comfortable because it uses the smallest amount of material possible, reducing bulkiness in the mouth.

Because we use a neuromuscular bite, the Micro II is actually beneficial for the jaw and joint physiology. Some other sleep dental appliances can undesirably change the position of your jaw over time.

The MicrO₂ has an exceptional level of patient acceptance and effectiveness is backed by a large body of clinical research.



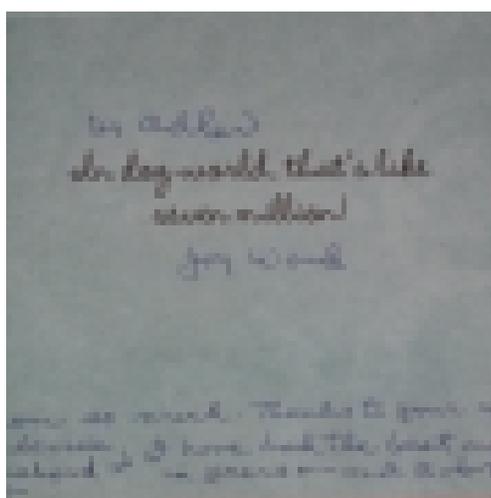
MicrO₂
SLEEP AND SNORE DEVICE

ADLER
ADVANCED DENTISTRY

What Our Patients Say

June 23, 2016 - "We received this card from the wife of one our guests who is being treated for snoring and sleep apnea. Since we recently delivered Bob's new appliance, she is getting better rest at night than she has for years due to the MicrO₂. Her husband is also getting a great night's sleep and loves his new MicrO₂. He is feeling more rested during the day and most importantly- his wife is happy!

Bob works as an air traffic controller, so sleep is of the utmost importance for him to perform at work and keep our skies safe! Bob had a mild to moderate case of obstructive sleep apnea. Unfortunately, this was not only disrupting his sleep but also the sleep of his dear wife. It really makes our day when we hear that the small things we do here at Adler Advanced Dentistry have a big impact on the lives of others."



Dr. Michael Adler

About Your Dentist

Dr. Michael Adler is pleased to bring a diverse background of academic research and life experiences to his practice. A graduate of the University of Michigan, Dr. Adler worked as a research biochemist at Stanford University prior to enrolling and completing his dental degree at Georgetown University.

Dr. Adler served as a Lieutenant in the United States Public Health Service, providing care and patient education on the Navajo Reservation. For this service, Dr. Adler was awarded a prestigious commission by Surgeon General Dr. C. Everett Koop. Dr. Adler has been in private practice since 1990.



Dr. Adler is committed to lifelong training as a way to be able to offer his patients the best dental care possible. His postgraduate training has been extensive, including studies on the topics of smile design and neuromuscular dentistry at the nationally renowned Las Vegas Institute for Advanced Dental Studies (LVI).

Dr. Adler was awarded a fellowship from the prestigious Las Vegas Institute for Advanced Dental Studies. This post-graduate learning institution provides cutting-edge training in neuromuscular and cosmetic dentistry.

Contact Us

For Questions or To Schedule A Consultation

Please call us at (303) 449-1119
or email us at greatsmiles@adlerdentistry.com

Adler Advanced Dentistry
1810 30th Street, Suite A
Boulder, CO 80301
(303) 449-1119
adlerdentistry.com

