

A guide to reducing snoring



STOP SNORING. START LIVING.



Thank you for downloading this guide and finding out how to get a better night's sleep for you or your partner.

Did you know around **40%** *of people snore*

and a significant percentage of these people will have sleep disordered breathing issues that can lead to other health problems. As a snorer myself I was disturbing my wife and would often get nudged in the middle of the night. This was our signal that I was snoring and had to roll over onto my side.

Some of us might have been told that we snore at night but most have no idea that we do. When we're asleep, our sleeping selves are able to ignore the sounds of snoring that we make. Unless we record ourselves, we are not aware of how long we are snoring for, or how loud our snoring is.

Before we are able to treat our snoring, one of the first things that we need to know is understand how bad our snoring is.



As they say, there's an app for that. The app that we recommend that you use to check your snoring is called **SnoreLab**. It is available on the Apple App store and the Android Play store.

Measure your Snore Score with the SnoreLab app for about a week and rate your snoring based on the scoring scale below. You should notice that your snoring will vary from night to night and there may be things that make your snoring worse.

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Rate Your Snoring

0 - 10	YOU PURR LIKE A KITTEN	Sleep easy with no snoring
11 - 25	JEKYLL AND HYDE	You only snore when you drink or eat certain foods
26 - 45	WHEN DID YOU START MOWING THE LAWN AT NIGHT?	You are irritating but almost bearable
46 - 70	DID YOU MOVE NEXT TO THE RAILWAY?	You keep your partner awake
71 - 99	YOU HAVE WEIRD BRUISES ON YOUR BODY	Your partner keeps hitting you in your sleep
100+	YOU WAKE THE NEIGHBOURS WITH YOUR SNORING!	Your partner has left you

As one of the first people to be treated with the NightLase® laser snoring procedure with my own dental laser I am happy to report that I no longer snore unless I have some wine before bed! It's great to know that I no longer disturb my wife and to feel rested from having an uninterrupted night's sleep.

I hope that this guide helps you find some relief for your snoring and provides you with some more information about the breakthrough laser snoring treatment.



Dr. Jason Pang

Director

Cosmic Smile Laser Dental

Neutral Bay, Sydney

15 techniques to help stop snoring

There are many reasons for snoring from nasal congestion due to a cold or allergies, swollen tonsils or adenoids, enlarged tongue, or nasal problems like a deviated septum or bony growth.

Regardless, if you are not getting adequate, quality sleep you should see a physician. Snoring can be a precursor to the more serious obstructive sleep apnoea. Some causes will require surgery or may be a sign of a larger problem.

Here are some of the things that can help your snoring before you try the bulky and uncomfortable appliances that you would wear.

- #1 LOSE SOME WEIGHT**
Often 10 – 15kg is needed to see a noticeable difference
- #2 AVOID ALCOHOL**
It's a relaxant and when your throat is more relaxed you snore more
- #3 DIET**
Avoid any foods or drinks that you are intolerant or allergic to which make you nasally congested
- #4 MUSCLE RELAXANTS AND SLEEPING TABLETS**
They make the muscles more relaxed so that the throat structures vibrate more
- #5 NASAL SPRAYS**
Otrivin, Drixine and others can help nasal breathing
- #6 SLEEP AT A DECENT TIME**
Good sleep patterns ensure that you are not overtired and less likely to snore
- #7 PREPARE FOR BED**
Have a good routine to wind down – don't have too much food or drink, make sure to go to toilet, read to relax
- #8 REFRAIN FROM TECHNOLOGY BEFORE BED**
The bright blue LEDs from phones, tablets and laptops can overstimulate the brain and prevent it from switching off

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#10 DON'T SLEEP ON YOUR BACK

This is difficult to prevent once you are asleep but try sewing a tennis ball into the back of your pyjamas or there are vibrating devices you can buy to train yourself to sleep on your side

#11 NASAL STRIPS OR CONES

Can open the nasal passages to allow better breathing

#12 OFF THE SHELF SNORING MOUTHGUARD

Products like the Z-Quiet can help reposition the jaw sufficiently to lessen snoring

#13 CHIN STRAPS

Preventing mouth breathing will help ensure negative pressure intraorally

#14 TONGUE EXERCISES

Exercises like lifting up the uvula or swallowing with the tongue pointing upward can tone the throat muscles

#15 QUIT SMOKING

Smoke is an irritant and can make the soft palate and uvula swollen

If you have tried all of the above without success then you need to see if the NightLase[®] treatment is right for you!

Rest assured that this laser snoring treatment has been clinically proven as a safe, effective and non-invasive way to treat snoring and help reduce the symptoms of obstructive sleep apnoea.

Research shows it reduces snoring for around 80 per cent of patients treated, and that's with no clunky equipment, no anaesthetic, no side-effects, virtually pain-less and no scary needles.

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Pros and Cons of NightLase®

Here's the benefits you'll get with NightLase® compared with other anti-snoring treatments.

NO SIDE EFFECTS

You return to your normal routine straight after treatment. No anaesthesia required. Postoperative, a scratchy throat for a couple of days is the worst you'll feel.

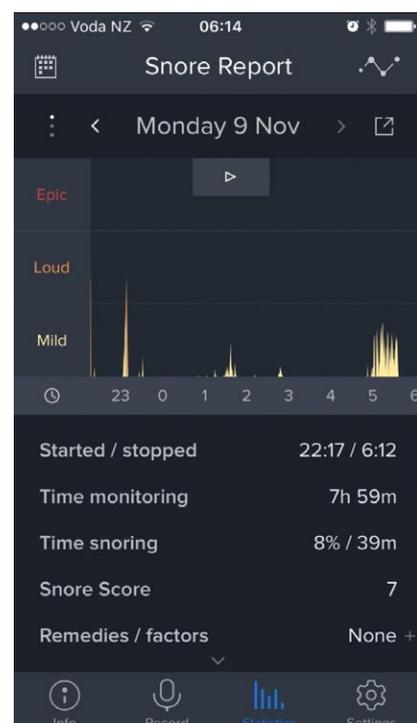
COMPARE

- Snoring surgery – three weeks off work, strong pain killers and anaesthesia.
- CPAP machine and mouth guards – ongoing nasal congestion, dry mouth, skin irritation and discomfort.

EXAMPLE OF A RECORDING DONE WITH THE SNORELAB APP



BEFORE



AFTER

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NO PAIN

No cutting, no bleeding, nothing scary. You'll feel no pain during or after. Not to be confused with other types of laser procedures that involve cutting the soft palate.

COMPARE

- Snoring surgery – extreme pain for up to two weeks post-operative.
- CPAP machine and mouth guards – discomfort and sometimes pain if the appliance is incorrectly fitted or wrongly used.

QUICK YET PROVEN RESULTS

Three 20 minute treatments over a six week period. High success rate – 80% of patients. You may even feel benefits as early as from the first treatment.

COMPARE

- Snoring surgery – around 50% of patients relapse after just one year.
- CPAP machine and mouth guards – high drop-out rate and non-compliance.

VALUE FOR MONEY

Rebates can be claimed on your private health fund. This exciting treatment delivers remarkable results, extreme convenience, improved sleep and a happier bed partner.

COMPARE

- Snoring surgery - double the price of NightLase. In-patient treatment may be subject to 'elective surgery' extended wait time.
- CPAP machine and mouth guards – can be more expensive than NightLase, with the addition of annoyance and discomfort.

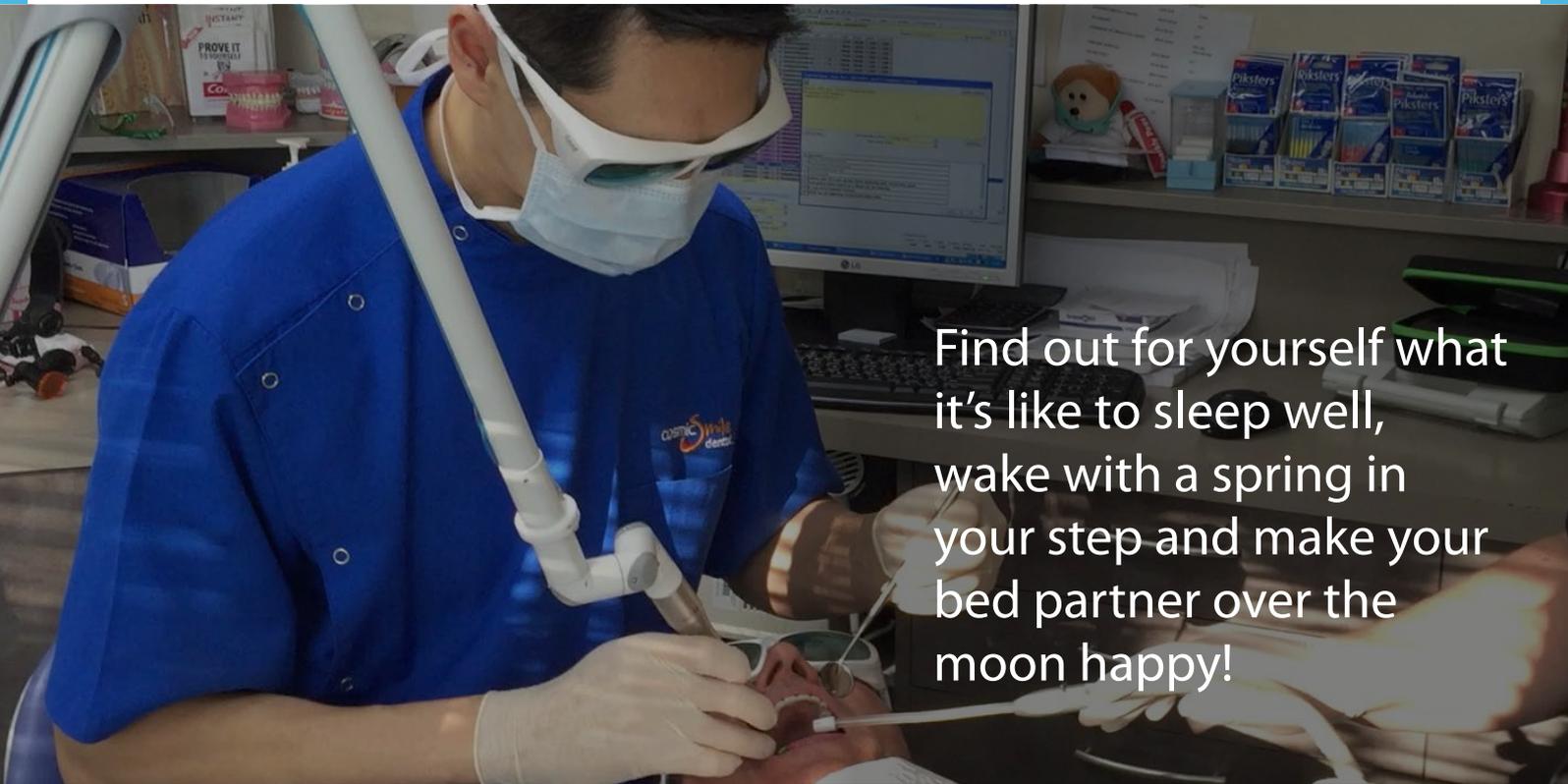
NON-INTRUSIVE

No needles, incisions or anaesthetic. You don't need to wear any uncomfortable or bulky appliances.

COMPARE

- Snoring surgery - requires anaesthesia, a potential hospital stay and a long and painful recovery.
- CPAP machine and mouth guards - involves wearing a mask or mouth guard style device all night, every night.

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Find out for yourself what it's like to sleep well, wake with a spring in your step and make your bed partner over the moon happy!

HOW IT WORKS

When you sleep, the muscles at the back of your throat relax, partially blocking your air passageway. When air travels around the slack obstruction it causes a vibration and produces the sound that we call snoring.

Simply put the NightLase procedure involves shining a laser light on the specifically targeted areas around the base of the tongue and back of the throat. This causes the collagen in the tissues to shrink and new firmer collagen is produced.

This tightening of the muscles in the mouth and throat and opening up the airways leads to the reduction of snoring.



BEFORE



AFTER

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Case Studies



PIERRE DU PLESSIS

I was diagnosed with sleep apnoea four years ago and I tried all different ways to treat it. The mouthguard, the CPAP. I was sleeping in the spare bedroom and even then my wife had to come in and tell me that I was keep the house awake. The difference with the NightLase was remarkable. I didn't have to put anything in my mouth or on my face.

I'm sleeping in my own bed again and the difference has been phenomenal. Anyone that snores should definitely consider this.

It's been 5 months since the treatment was done and as long as I don't drink or sleep on my back I don't snore anymore. I'm sleeping so much better and even managed to go camping without waking everyone up. It's great and I think that it would be worth it at twice the price.



GAVIN MCINNES

My snoring started getting bad a few years ago and it was just getting worse and worse. It got to the point where I had to sleep on the couch... a lot. Or my wife, Zoe would leave to sleep outside after I even started snoring when lying on my side.

I had heard about the laser treatment for snoring and thought that it would be perfect for me.

The treatment was pretty much pain free and I was able to book in and walk straight out without a hiccup to my day.

We started seeing results after a few days after the first treatment. It was magical not to be woken up several times in the night from my wife poking me and she too was so appreciative of getting her full nights sleep back again after months of interruptions.

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FAQs

IS IT SAFE?

Yes, NightLase has been used overseas for a number of years and its proven results are backed by scientific and clinical research.

DOES IT HURT?

No, most patients feel neither discomfort nor pain during or after the procedure. Some experience a mild sore throat for a few days after.

HOW MANY TREATMENTS?

A full course of NightLase consists of three 20 minute sessions over a six week period.

WILL I HAVE TO TAKE TIME OFF?

No, it is a walk-in, walk-out procedure so you can return to your normal routine straight away.

HOW LONG DOES IT WORK FOR?

It varies between individuals but a touch up treatment is commonly required every 1-2 years.

DOES IT HELP SLEEP APNOEA?

Yes, it has been shown to improve mild to moderate sleep apnoea. NightLase can also work as a supplement to other sleep apnoea treatments.

DOES IT HELP ALL SNORERS?

There are some who can't be helped by NightLase as snoring is caused for a number of different reasons, including mouth anatomy, nasal problems and sleep apnoea.

NightLase opens the airways, which means it helps people whose snoring is caused by the vibration of the soft palate and the uvula at the back of the throat. It may also help snorers who have limited air flow due to nasal blockages.

HOW DO I KNOW IF NIGHTLASE WILL WORK FOR ME?

If you are not sure what causes your snoring, we have equipment to assess nasal congestion and airflow blockage that we will use in the first consultation.

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WILL I HAVE MORE ENERGY WHEN MY SNORING STOPS?

Yes, NightLase patients report that they wake up in a better mood and feel more energetic. A disturbed sleep – whether from your partner kicking you or from sleep apnoea – is non-restorative on your body.

MY SNORING DOESN'T DISTURB ME, WHY SHOULD I BOTHER TREATING IT?

Because your partner will no longer have to suffer the tiredness and resentment of sleepless nights. Improved relationships is a common benefit that many patients report after completing the NightLase treatment.

Also, heavy snoring may be a risk factor for heart disease, stroke, diabetes and other health problems.

WHAT ARE LASERS?

Lasers have been used in dentistry for over a decade to treat a number of health problems. Each laser has different wavelengths and power levels that are appropriate and safe for different procedures.

Compared to the traditional dental drill, lasers are known to cause less pain, reduce patient anxiety and minimise bleeding and swelling.

IS NIGHTLASE® A ONE SIZE FITS ALL PROCEDURE?

While the NightLase® procedure is a great treatment for snorers, some sufferers will need more than just this laser treatment. The aim of the treat is to open the airways as much as possible by heat shrinkage of the upper part of the airway and firming up the flaccid tissues. However, a complete assessment of the airway needs to be done.

Nasal blockages or collapse, septal deviations, large turbinates and tissue overgrowth in the nasal passages can all affect the intake of air. The reason for the reduced intake cannot be deduced without x-rays or a nasal scope. We can measure if there is a reduced flow very easily with a nasal inspiratory flow mask at a consultation appointment.

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Anatomical problems like a very long soft palate or uvula, enlarged tonsils and adenoids, enlarged tongue can all impact the airway and affect snoring. Being overweight can also severely narrow the airway. Severe problems will require surgery to alleviate the symptoms and dramatic weight loss is sometimes necessary. In cases like these, the NightLase® snoring treatment may not be enough on its own to reduce the snoring. We may need to use co-therapy with a custom-made Mandibular Advancement Splint (MAS) that brings the lower jaw forward to open the airway.

While the NightLase® laser procedure was not designed specifically to treat sleep apnoea or hypopneas, it can really help. A Continuous Positive Airway Pressure (CPAP) mask is the usual treatment recommended for sleep apnoea. This mask is bulky, uncomfortable, requires a power

supply and is drying for the throat because it continually forces air down the throat. Fortunately there are several studies which show that the NightLase treatment was able to open the airway sufficiently so that the sufferers were able to stop using a CPAP mask. Keep in the mind that the success rate in sleep apnoeics is much lower and use of a CPAP appliance MUST continue until a sleep study proves that it is not necessary.

As with everything, there is no one size fits all treatment. A combination of techniques like those I mentioned, together with the laser treatment and/or MAS are likely to make the outcome more successful.



I hope that you found this guide useful.

Good luck with your snoring
and if we can be of any assistance
please call us on

(02) 9904 2880

or for more information visit our website

cosmicsleepclinic.com.au

