

**FREE REPORT!**

**FROM the Desk of Brian Zulawinski, DDS**

**The Most Recent Advancements In Dental Oral Appliances Helps You To STOP Snoring, Get The Air You Need, And Sleep Peacefully.**

***Most people ignore their snoring problem, while those sleeping next to them know all too much about it.***

**It not fun waking up like you just ran a marathon and a half!**

Did you know nearly half of adult men and twenty-five percent of adult women have this issue.

And to they are literally suffocating while they sleep.

I know sounds horrible...

I see them all the time in my practice.

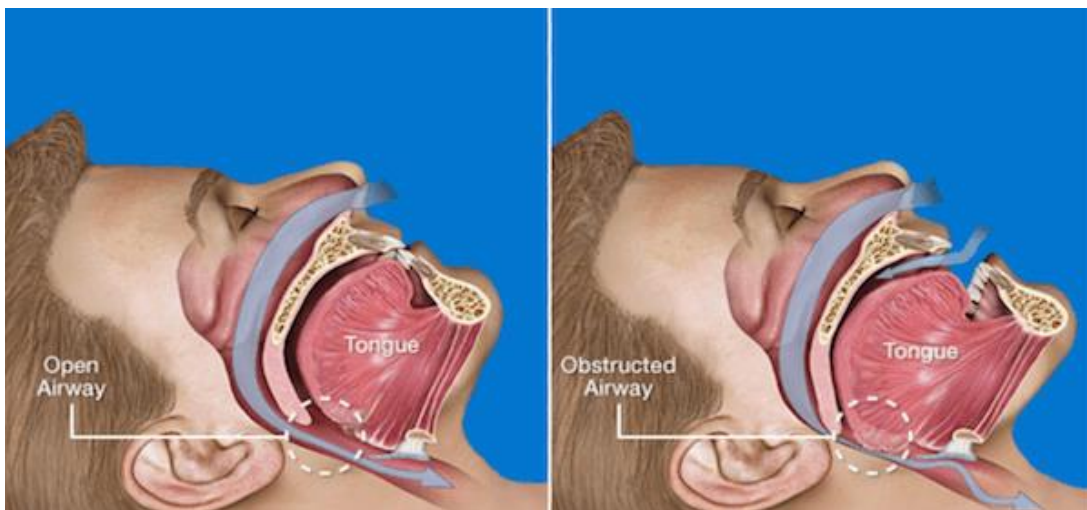
They're exhausted, keep pushing, and try to get more "rest" or sleep" but nothing changes.

*Sounds counter-intuitive because...*

**It's the sleep that they are getting that's killing them slowly.**

**Here's what I mean:**

**When you snore your lower jaw, neck, and throat and tongue muscles relax to the point that they fall back towards your pillow. This closes the airway, the air tries to pass through this constricted airway and that causes a noise—> a snore.**



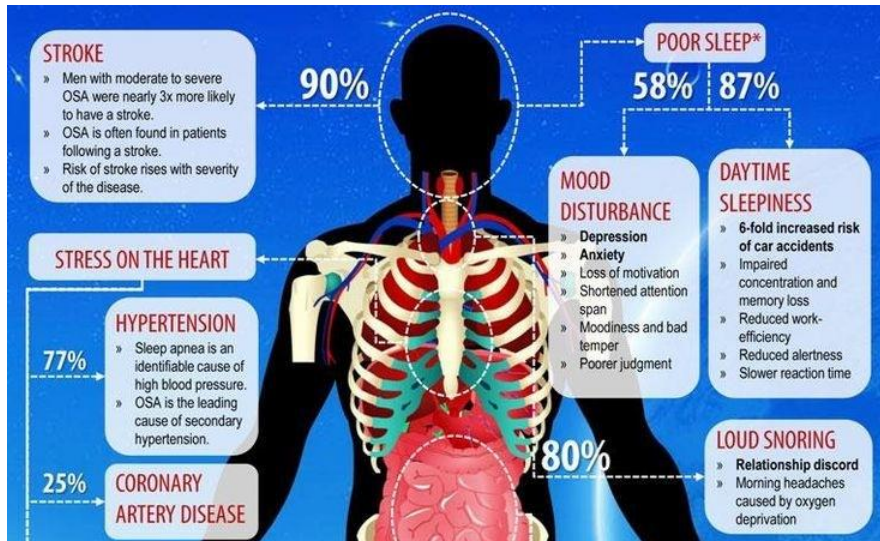
In our office we make these oral appliances, they're like a modified retainer, and they help position your jaw in a comfortable place so that air can flow through freely.



The real issue is not the noise or snore.

*But...*

It's the fact that you are not getting the air you need to nourish your brain and body!



This leads to all sorts of changes in your health and makes you more prone to:

Heart Disease,  
Obesity,  
Diabetes,  
Fatigue,  
Imbalances,  
And overall lack of focus.

## Here are 7 Easy Ways to Help Reduce Your Sleep Apnea

I'm going to give you the unconventional ones, since I'm sure you've heard of many that are common.

- 1. See your Dentist-** Why? I can make you an appliance that prevents your jaw from moving back and keeps it forward while you sleep so you keep your airway open. This is big news, since it literally **eliminates the snoring without wearing an uncomfortable face device to bed!**
- 2. Run!** Sounds a little crazy, but running can open up the nasal passages and can have healthy circulation effects well after you do it. When you keep the nasal passages open, you are getting more air into your body while you sleep.
- 3. Stay well hydrated-** when you're dehydrated the secretion in your nasal passages can get thicker and clog up your nasal airway- that means less air, so that's not good.
- 4. Start some breathing exercises-** ancient Pranayama exercises help you breath more effectively and with intention so it trains your body and mind to breath through your nose.
- 5. Tennis Balls-** don't sleep on your back. If you tape some tennis balls on your back it will keep you from sleeping on your back. From a snoring standpoint it's much better to sleep on your side. This one is not for everyone, but something to think of.
- 6. Eliminate the Alcohol-** yes drinking a few can cause even more of a sedative and relaxing effect on your neck muscles, which in turn drop you back towards your pillow and close off your airway- not good.
- 7. Loose some weight-** the more fat tissue you're neck stores the more likely you will snore.

Let's meet and talk at my office, call me at 847-253-7477

Or go to [www.arlingtondentalonline.com](http://www.arlingtondentalonline.com) to make an appointment online.

**—>When you do, you'll get a free sleep apnea screening and oral appliance recommendation.**

Hope this report was helpful,

Dr. Brian Zulawinski, DDS