

AADSM member guide | New Year's resolutions blog post

New Year, New You: Improve Sleep and Health in CITY This Year

The start of a new year is the perfect time to set resolutions for better health, and one of the most overlooked yet crucial goals is improving sleep. If you're aiming to reduce stress, lose weight, or enhance overall well-being, prioritizing quality sleep can make a significant impact. For many CITY residents, the key to better sleep — and better health — may be found in an unexpected place: the dentist's chair.

The Link Between Sleep and Overall Health

Poor sleep doesn't just leave you feeling tired — it's linked to a range of serious health issues, including heart disease, high blood pressure, diabetes, obesity, and depression. One of the most common yet undiagnosed causes of disrupted sleep is obstructive sleep apnea (OSA), a condition in which breathing repeatedly stops during the night due to airway blockages. Snoring is a major indicator of OSA, and without treatment, it can have lasting consequences on your health.

A Simple Solution for a Healthier Year

"Many people don't realize that a dentist can help treat snoring and sleep apnea," says Dr. SURNAME, a CITY dentist and member of the American Academy of Dental Sleep Medicine (AADSM). "Oral appliance therapy is a comfortable, effective alternative to CPAP therapy that can help patients get the restful sleep they need to support their health goals."

Unlike CPAP machines, which require a face mask, tubing, and a motor, oral appliances are small, custom-fitted mouthguard-like devices worn during sleep to maintain an open airway. Patients prefer them because they are quiet, portable, and easy to use, making it easier to stay committed to treatment.

Make Sleep a Priority This Year

If you or a loved one struggles with loud snoring or has been diagnosed with sleep apnea but cannot tolerate CPAP, oral appliance therapy could be the

right solution. Better sleep leads to better health, improved focus, and more energy to tackle your New Year's resolutions.

Start your year on the right path by addressing your sleep health. To learn more about oral appliance therapy or to schedule a consultation, visit [\[WEBSITE\]](#). Make this the year you sleep better, feel better, and live healthier!