

# AADSM member guide | sleep awareness week blog post

## Celebrating Sleep Awareness Week: Five tips to get your best sleep yet

Sleep is the foundation of good health, yet millions of Americans struggle to get the rest they need. According to the Centers for Disease Control and Prevention, an estimated 50-70 million Americans suffer from a sleep disorder. One of the most common—and often undiagnosed — sleep disorders is obstructive sleep apnea (OSA). It affects 54 million U.S. adults and can cause hundreds of breathing interruptions per night, lasting anywhere from a few seconds to more than a minute. Left untreated, sleep apnea can significantly impact your quality of life and is associated with serious health conditions like high blood pressure, stroke, heart disease, and diabetes.

This Sleep Awareness Week is the perfect time to take control of your sleep health. If you or a loved one struggles with snoring, daytime fatigue, or trouble staying asleep, follow these simple steps to enjoy better sleep and improve overall well-being:

### 1. Stick to a Consistent Sleep Schedule

Your body thrives on routine! Try to go to bed and wake up at the same time every day—even on weekends. This helps regulate your internal clock, making it easier to fall asleep and wake up feeling refreshed. Also, avoid long daytime naps, especially in the afternoon, as they can make it harder to fall asleep at night.

### 2. Create a Sleep-Friendly Environment

For deep, restful sleep, your bedroom should be:

- **Cool** – Aim for a temperature between 60-67°F.
- **Dark** – Use blackout curtains and avoid bright screens before bed.
- **Quiet** – Consider white noise machines or earplugs if noise is an issue.

Power down your devices at least 30-60 minutes before bed—blue light from screens can interfere with melatonin production, making it harder to fall asleep.

### 3. Develop a Relaxing Nighttime Routine

Wind down with **calming activities** before bed, such as:

- Reading a book
- Taking a warm bath
- Practicing deep breathing or meditation

Establishing a relaxing pre-sleep routine signals your body that it's time to rest.

### 4. Get Screened for Sleep Apnea

Still waking up tired despite following good sleep habits? You may have sleep apnea. A qualified dentist can evaluate your risk for OSA and help you seek out a medical diagnosis. We can refer you to a trusted sleep specialist in your area, if needed..

### 5. Explore Comfortable Sleep Apnea Treatment Options

If you're diagnosed with sleep apnea, the right treatment can make a world of difference. While CPAP therapy is the standard option, many patients find it uncomfortable and difficult to use. Oral appliance therapy is a highly effective alternative!

As a dental practice specializing in sleep apnea treatment, we offer custom-fitted oral appliances that gently reposition your jaw to keep your airway open. Patients like this option because it's:

- Comfortable
- Quiet
- Easy to use
- Travel-friendly

If you struggle with snoring or sleep apnea, don't wait—better sleep leads to better health! Call **[PRACTICE NAME]** today at **[PHONE NUMBER]** to schedule a consultation.