

# SOLVE YOUR SLEEP & SNORING PROBLEMS NOW!

**Amazing New Breakthrough:** Sleep sufferers and Snorers finally experience the joy of a full night's sleep!

**Your Town, St-** Did you know that there are literally over 20 Million Adults in the United States suffering unnecessarily from a Sleep Disorder called "Obstructive Sleep Apnea (OSA). The scariest and most dangerous part of it all is that the majority of those sufferers don't even know it!

## Do You Stop Breathing During The Night...Or Snore?

Due to the way your jaw rests when you sleep you can have an airway obstruction leading to inability to breathe and take in oxygen. As the body senses the inability to breathe and lack of oxygen, the person is unknowingly pulled from sleep resulting in many awakenings throughout the night. He never really gets into the deeper more restful sleep because just as he is about to get there his body wakes him up to get air. These repeated episodes often cause many daytime symptoms as fatigue, lack of concentration and depression.

## A VERY REAL DANGER if NOT TREATED!

Statistics show that over 20 million adults in the United States are affected with Obstructive Sleep Apnea (OSA) making it as prevalent as diabetes and asthma. Individuals affected with this life threatening condition stop breathing during the night often hundreds of times. The real danger is a lack of oxygen getting to the brain. This is a very real danger if not treated as it can cause serious damage.

## Do You Suffer With Sleep Apnea?

The biggest challenge sometimes is first knowing if you even have Sleep Apnea or not. Then finding out the best way to treat it so that you can end the frustrations and start living a refreshing, joy filled life. Yes it IS possible...and I'll tell you all about

solving your OSA problems in a minute, but first, here's some of the most common signs and symptoms of OSA:

- **Frequent cessation** of breathing (apnea) during sleep
- **Choking, gasping,** or gagging during sleep to get air into the lungs
- **Loud snoring**
- **Waking up sweating** during the night
- **Feeling un refreshed** in the morning after a night's sleep, Daytime sleepiness, Lethargy
- **Headaches** upon awakening
- **Rapid weight gain,** GERG Gastric Reflux
- Memory loss and learning difficulties
- **Short attention span**
- And **Personality changes** such as Depression, irritability, constant frustration, and much more

## A Typical Example

A typical situation might be: out of frustration and desperation a patient's wife begs him to finally come in and have us take a look at him and see if he is possibly an apnea sufferer because of his behavior. **He is irritable, never plays with the kids, and a horrible snorer. They can't sleep in the same room and their separation was is affecting their intimacy.**

After examining him and noting that he has extremely enlarged tonsils, small dental arches, and a deep worn down bite, I might see that his airway is severely obstructed. I would refer him to an ENT (ear, nose and throat) physician for an exam who would give him an unattended sleep test (Watch Pat100). The



While dozing off can be comical for onlookers, it can be a very Dang-erous health risk to Sleep Apnea Sufferers!  
**New Break though Solutions For Sleep Apnea Available!**

**By Dr. Jonathan J. Bromboz**

sleep test will show how many apnea (not breathing) events he has at night.

**Some test show patients have stopping breathing for 10 seconds or longer 89 times PER HOUR!**

Severe apnea is 40 or more events per hour. Luckily he would take both my and the ENT's advice and be treated.

## The Solution Can Change the Patients Life And Save Their Marriage!

His life can be totally been changed. He can now be more energetic and less irritable. Best of all he could now be awake enough so that he can enjoy his kids. And his wife can make the statement, "this treatment saved our marriage."

Friends often ask me why I became a Dentist, and it's because I see "miracles" like this.. There is nothing more rewarding than to get to help people! I truly believe that without treatment this type of patient can die of a heart attack or suffer a massive stroke. It is amazing what getting a good nights sleep and oxygen can do to your life.

## What Are the Most Common Treatments For Sleep Apnea?

The most common prescribed treatment to date involves a CPAP (Continuous Positive Airway Pressure ) device where a patient, during sleep, wears a mask connected through hoses to an air compressor machine. Although very effective, statistics also show that not all patients are compliant with this type of treatment due to problems associated with masks, hoses and confinement of such therapy.

If you are one of these people, don't feel guilty or frustrated. Hope is just one phone call away! There is an

alternative treatment that is now available called, OAT (oral appliance therapy). OAT provides treatment to those who are not able to tolerate CPAP. This well researched therapy involves a fitting of a custom made night time oral appliance endorsed by the Academy of Dental Sleep Medicine for the treatment of mild to moderate sleep apnea or for those unable to tolerate CPAP. At our dental practice, Dental Sleep Medicine of Florida, we offer this well researched alternative treatment.

## 7 Ways Ending Your Sleep Apnea Will Change Your Life!

When you start using this appliance (OAT), you'll find that compliance with this device not a problem and that you will have an instant transformation in your alertness, attitude, energy, and enjoyment of life!

In fact, I've made a list of 5 of the most powerful key benefits that hundreds of our patients have experience by using OAT!

**1. Start Sleeping Through the Night!** Thousands of successful oral appliance users report the joy of sleeping through the night improving their quality of life!

**3. You can enjoy your most comfortable sleeping positions once again!** That's right...when using OAT, there is no confinement of sleeping positions.

**4. Gain Control Over Your Life!** Your self-confidence will have no bounds, because you will be alert, energized, and full of life again!

**5. You can take it anywhere:** due to its small size and ease of transportation it you can take it anywhere and you'll receive a little case where you

can store it.

**6. Exercise and enjoy your hobbies once again-** many patients tell me that they are able to start exercising and do their favorite hobbies which they had put off due to their lack of energy and sleep. Imagine having all your energy that you've hope to have to do what you want!

**7. Within a couple of weeks** it often takes away the headaches and short attention span and many other problems you experience due to the OSA.

**8. Sleep like a log.** Eight hours of deep sleep is no longer a dream. It's a real experience that you get to have nightly.

**9. You'll get to turn back the clock!** Friends, family members, and even strangers will notice a new YOU. They may say you look younger...are acting younger...and that you brighten up the room when you walk in it.

And Much Much More!

### Here's What To Do Now If You Think You Suffer From OSA (Obstructive Sleep Apnea)

If you are one of the thousands of people that have not been able to use CPAP and are not currently treating this life-threatening condition, call now to schedule a FREE Sleep Apnea Relief Consultation.

**Untreated** apnea patients are at risk for high blood pressure, heart attack, stroke and driving or work related accidents! Call now to discuss this wonderful treatment option and to experience the joy of a good night's sleep.

### FREE SLEEP APNEA And/OR Snoring Relief Consultation

**Limited Offer/ Call to Action:** come in NOW to experience this no pressure appointment..

**Act Today:** I am offering a **FREE SLEEP APNEA OR SNORING RELIEF CONSULTATION!**

## Why You Need To Call Today!

My practice is busy and since we see so many patients with these specific challenges, I can only see 17 New OSA patients a month. So, stop what you are doing and call the office today! I promise that we'll treat you like family and give you the best treatment possible.

Call today: 727-712-3837  
**Dr. Jonathan J. Bromboz**

**PS: FREE CONSUMER AWARENESS REPORTS** On Sleep Apnea and Snoring Available! If you have more questions, are curious, or simply need more information before calling our office, I completely understand. That is why I wrote a Free Report titled, **"The Real Secrets To Relieving The Life Threatening Condition of Obstructive Sleep Apnea (OSA)!"** Call to get this free report at 727-712-3837  
[SmileMakeOverDentistry.com](http://SmileMakeOverDentistry.com)

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