



Sound Asleep

SLEEP CENTRES OF AUSTRALIA NEWSLETTER



Public & Health Professionals Education Seminar – Sleep Secrets for the Savvy, Smart & Successful
20 May 2014 at 5:30PM for further information or to reserve your place, please call (02) 9332 8890.

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SLEEP BRUXISM AND ITS RELATION TO APNOEA *Is your Jaw in Pain?*

By Eamon Brown BMedSc, PHAA, MAIMS, ASA
Senior Sleep Respiratory Therapist

Oxygen is very important to us as human beings. When that is taken away from us, by Obstructive Sleep Apnoea, we can often exhibit similar signs and symptoms of suffocation. One of these signs is teeth grinding or bruxism at night. If you are waking up with Jaw pain, this could be due to Obstructive Sleep Apnoea.

Studies have shown that if Apnoea is alleviated through Continuous positive airway pressure (CPAP) or Oral appliance therapy, than bruxism usually ceases or decreases. This is because bruxism is associated with the disturbed Sleep experienced by patients with Obstructive Sleep Apnoea.

So why do people grind their teeth when they have apnoea. Although the causes of bruxism are not understood completely, a common cause is wakefulness during sleep. Muscles tense around the TMJ or Trans-Mandibular Joint usually associated with non-REM sleep (when the muscles are still more active). As your arousals decrease when your apnoea is being treated, your bruxism generally responds proportionally. This significantly reduces the amount of periodic/episodic bruxism events that you have during your sleep. If you are suffering Jaw Pain or think you might have apnoea, it worth taking the test to see if we can help you live pain free & fatigue free.

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St. Luke's Hospital, Hemsley House, 20 Roslyn Street, Potts Point NSW 2011

Patients Corner:

We're here to help

A year ago Mr. D was hesitant when he first went on to CPAP, but now it has changed his life:

"I really can't live without this machine. It has changed my life."

Mr. T. D. came to us, because his work thought he should get tested. After finding out he had severe sleep apnoea, he went on to CPAP, and he said this:

"I didn't know I was this tired! My friends are all commenting on how much energy I have now. I went to a play rehearsal and I stayed awake through everyone else's performances!"

WHAT MACHINE IS BEST FOR ME?

Although a good question to ask your Sleep Physician, we can also help to work out what machine better suits your needs. Whether you have done your own research or not, our Therapists are able to guide you through the different types of machines and masks that are available.

A CPAP Trial is not about wanting to try before you buy; it's about finding the right treatment that will treat your disorder in the most comfortable way possible. Here at Sleep Centres we do not favor a company, or brand of device. To us they are all the same; to you they are very different.

There is only one way of knowing what machine is right for you and that is to trial them! So, what are you waiting for?





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WHEN SHOULD YOU DOWNLOAD?



What is your night time apnoea looking like? Is it time for a download?
Have your symptoms returned?

If you have not come in for a download from your CPAP Device and it has been over 12 months, it's probably time to. We can see if your mask is still working at optimum level and replace anything that may need replacing during these appointments. It's good to check in before you have a check-up.

Sleep Hygiene Tips

Sick of waking up tired? Maybe it is how you go to sleep.

What can you do to make sure that you go off to sleep the right way!

1.) Obey your body Clock: Go to sleep at the same time every day and wake up in the morning around the same time every day.

2.) Avoid alcohol: Alcohol can disturb sleep and reduce the amount of REM sleep, which is one of the most important phases of sleep.

3.) Avoid Stimulant drugs: Avoiding coffee and drugs will ensure that you get a natural sleep and are able to wake up feeling more refreshed.

4.) Relax your mind before sleep: The day can be stressful and you might be thinking too much before bed. Try and relax before you go to bed. Go to bed calm.



The Sleep-in Media

Our Senior Sleep Respiratory Therapist & trained Sleep Neuroscientist, Eamon Brown has recently done a story for the Sydney Morning herald on how you can improve your sleep. The article will be published in The Sun Herald in the annual 'Rest, Relaxation and Recreation' Report on Sunday, May 25th 2014.

GP EDUCATION SEMINAR

ROADWAYS & AIRWAYS: OBSTRUCTIVE SLEEP APNOEA

By Annabel Lozinski BMedSc, MScBME
Sleep Respiratory Therapist

We recently hosted a seminar for General Practitioners on Obstructive Sleep Apnoea (OSA) and the risks associated with driving. We had three specialist speakers who shared their up to date and practical knowledge of OSA.

Dr Anup Desai, Sleep Respiratory Physician, communicated the importance of the risks associated with driving and OSA. There was a lively debate about when and if to report patients to the Roads and Maritime Services (RMS).

Dr David Lowinger, Ear, Nose and Throat Surgeon presented an informative talk on the importance of having a multidisciplinary approach to the diagnosis and treatment of OSA, including the surgical options that can help alleviate the severity of OSA.

Dr Manish Shah, General and Sleep Dentist, gave an interesting perspective on OSA and the relationship between early development of the facial structures and risks of developing OSA later in life.



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