

# Are you getting a good night's sleep?

Dear Salutation First Name Last,

Many people are affected by sleep apnea and snoring — either personally, or by living with a loved one suffering the effects of a sleep disorder. They may experience fatigue, anxiety, and interrupted sleep. Even those who have sought treatment and are currently using a CPAP device may find it an uncomfortable and inadequate solution.

**Because it is so important to understand the medical risks associated with untreated sleep disordered breathing, particularly obstructive sleep apnea, please let me introduce myself. I am Dr. Steven Greenman. I am here to help.**

Here are some important and startling facts:

- Of those who snore, one in 7 experience significant obstructive sleep apnea which means they stop breathing, sometimes for more than 2 minutes — in severe cases over 100 times per hour. The level of oxygen carried in the bloodstream falls to dangerously low levels with a correspondingly dangerous increase in carbon dioxide.
- Untreated Obstructed Sleep Apnea (OSA) can contribute to risks associated with high blood pressure, heart attack, stroke, diabetes, vascular damage, gastro-esophageal reflux, brain injury, dementia, erectile dysfunction and even death.
- Another serious risk of untreated OSA is excessive daytime sleepiness. Studies indicate that 1 in 20 drivers over the age of 30 suffer from excessive daytime sleepiness.

**The good news is that, with the proper care and treatment, your symptoms and risk factors can rapidly disappear.**

Because an ounce of prevention is worth a pound of cure, we routinely screen our patients for sleep disordered breathing. They receive a short questionnaire via e-mail, or when they visit the office. At-risk people receive counseling and kind encouragement to receive a formal diagnosis. Should you choose to visit, I will work closely with your physician to provide the most effective treatment available.

More good news is that advancements in dental appliances have proven effective in treating OSA. We offer non-surgical treatment solutions, such as a small custom designed appliance that fits comfortably on the lower teeth like a retainer. This appliance, or another solution Dr. Greenman offers, may be just what you need to stop snoring, breathe deeply, and finally achieve a peaceful and restful night's sleep!

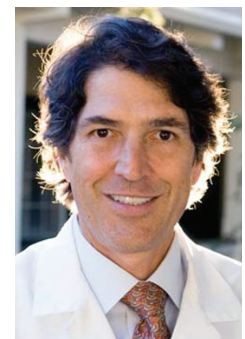
*I welcome you to contact me for a complimentary evaluation to learn whether you, or a spouse or friend can benefit from treatment for sleep apnea. Don't lose another nights' sleep over it.*

*Steven C. Greenman*

Steven C. Greenman, DDS



*Steven C Greenman DDS*  
Advanced Cosmetic, Implant and Sedation Dentistry  
Snoring and Sleep Apnea  
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**Call to schedule a free evaluation today!**

**805.728.1964**

[www.DrGreenman.com/SleepBetter](http://www.DrGreenman.com/SleepBetter)