



AESTHETIC SMILE DESIGNS Snoring Treatment

Do you wake up feeling tired and groggy every morning? Are you struggling to get a good night's sleep and never feel refreshed? Is your partner complaining about your snoring every night? If so, you may have sleep apnea or a structural issue that can be effectively treated with a laser treatment called NightLase.

Snoring and Sleep Apnea: What's the Connection?

Snoring is more than just an annoying noise. It can also be an indication that your airway is not open properly. The truth is, many people think snoring is annoying but ultimately harmless. This is absolutely not true.

Snoring can be a sign of a much more serious disorder called sleep apnea. Sleep apnea is a condition where the airway is obstructed and one has trouble breathing at night.

This causes you to wake up multiple times throughout the night to breathe disrupting your REM cycles. A disorder like this left untreated, can lead to a variety of health complications such as stroke, cardiovascular issues, heart attack, and MetS.

Stop snoring and sleep apnea the easy way with NightLase. NightLase is painless, easy, safe and non-invasive. It is a great alternative to CPAP and surgery.

The Impact of Snoring on your Health

Snoring has a number of consequences that can impact your life and your partner's life. Sleep deprivation as a result of snoring can have a negative impact on your health and quality of life. If you snore, you can expect tiredness, morning headaches, irritability, dry mouth, and relationship difficulties. And, studies have also shown a link between snoring and an increased risk of heart attack and stroke. Thankfully, those who suffer from snoring can turn to us for treatment.

Laser Treatment for Snoring & Sleep Apnea

NightLase is a laser procedure for the treatment of snoring. It is a non-invasive, no appliances, simple and effective way of reducing or eliminating snoring. While most treatments for snoring



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attempt to keep the breathing passage open (with appliances or uncomfortable devices). NightLase uses laser energy to heat the tissues of the airway causing a tightening effect which helps to keep your airway open.

If you have tried a CPAP machine for sleep apnea and found it uncomfortable and loud, or don't wish to use an oral appliance every night to keep your airways open, then NightLase may be the laser treatment you've been looking for.

It requires no surgery, no cutting, no scarring and requires no downtime. Results are often seen after the first session.