

NAPA VALLEY SLEEP SOLUTIONS

ROBERT C. WILLIAMS, DDS FAGD

DR. ROBERT C. WILLIAMS



Accolades

- Dental School:
Loma Linda Dental School
- Served 2 Years in United States
Air Force
- Advanced Training:
Fellow, American Academy
of General Dentistry
- Current Member, Spear Faculty Club
(Scottsdale Dental Institute of Learning)
- Member, Napa Valley *Evidence Based Study Group*
- Tufts Dental School, Mini-Residency in Sleep Medicine

Professional Affiliations

- American Dental Association
- California Dental Association
- Napa/Solano County Dental Society
- American Academy of Dental Sleep Medicine
- American Academy of Sleep Medicine

Honorary Fellowships

Emeritus American Academy of General Dentistry

Biography

For more than 35 years, Dr. Robert Williams has provided expert, comprehensive family dental care in the Napa Valley.

A lifelong learner, Dr. Williams embraces new techniques and technologies that enhance traditional dental methods. He is a founding member of the Napa Valley Evidence-Based Dentistry Group, that brings dental professionals together to review cases and discuss treatments.

Dr. Williams believes that evidence-based dentistry enables patients to make informed dental decisions.

The first specially-trained dentist to provide oral appliance therapy for Snoring and Obstructive Sleep Apnea in the Napa Valley, Dr. Williams participates in continued sleep disorder education with the most prominent dental sleep medicine specialists in the country. Working with sleep diagnostic centers, ENT specialists and sleep specialist doctors, Dr. Williams creates dental sleep solutions for his patients.

An avid golfer and outdoorsman, Dr. Williams enjoys reading and spending time with his family at his Napa Valley home.

FREQUENTLY ASKED QUESTIONS

Is Snoring an indication of serious medical issues?

Snoring is a social problem that frequently disrupts sleeping for snorers and their bed partner. It can easily affect your quality of life, and often is embarrassing and inconvenient, causing issues in personal relationships. Snoring can be an indicator of Obstructive Sleep Apnea, a more serious medical condition.

How do you screen for Snoring and/or Obstructive Sleep Apnea?

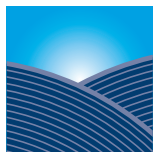
Dr. Williams begins with a detailed personal history from the patient, and a separate brief history about the patient given by the bed partner. He will then authorize a screening take-home test, or send the patient to a qualified sleep center for a diagnosis from a sleep specialist.

How does a dental sleep solution differ from traditional sleep disorder treatment?

Traditionally, sleeping masks (CPAP machines) were used to keep the patient's airways open while they slept, but there are now less intrusive options. Dental sleep solutions employ an oral device (similar in appearance to a mouth guard.) The oral device repositions the lower jaw preventing the tongue from blocking the main air passage during sleep. These dental devices are gentle, easy to wear, and often help patients avoid unwanted surgeries.

What may happen if Obstructive Sleep Apnea (OSA) goes untreated?

If left untreated, OSA may shorten your life by up to 5-7 years. Studies show that serious medical implications also include higher rates of: heart attack, diabetes, stroke, hypertension, weight gain, headaches, continuous fatigue and a decrease in quality of life.



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