

FREQUENTLY ASKED QUESTIONS

Is Snoring an indication of serious medical issues?

Snoring is a social problem that frequently disrupts sleeping and can easily affect your quality of life. It is often 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. Today, there are 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 and easy to wear.

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

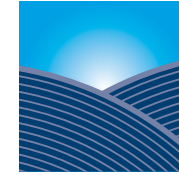
If left untreated, OSA may shorten your life by up to 5-7 years. Studies show that serious medical implications also include higher rates of: heart attack, diabetes, stroke, hypertension, weight gain, headaches, continuous fatigue and a decrease in quality of life.

SCHEDULE AN APPOINTMENT

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SLEEP SOLUTIONS

ROBERT C. WILLIAMS, DDS FAGD

DENTAL SLEEP SOLUTIONS

Dr. Williams received advance training from SomnoMed and Tufts University Dental School Mini Residency Program in Boston in the use of oral appliance therapy in treating snoring and Obstructive Sleep Apnea. He creates custom removable oral appliances to reduce and eliminate snoring. Dr. Williams works with sleep specialists to provide oral appliance therapy for patients who are CPAP intolerant.

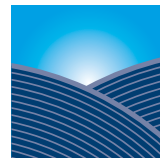
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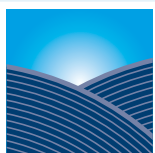
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ROBERT C. WILLIAMS, DDS FAGD

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DR. ROBERT C. WILLIAMS



Dr. Robert Williams specializes in providing patients with dental solutions for snoring and sleep apnea.

Dr. Williams creates custom removable oral appliances to reduce snoring and sleep apnea. He works with sleep specialists to provide oral appliance therapy for patients who are CPAP intolerant.

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

Biography

For more than 35 years, Dr. Williams has embraced 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 Napa Valley dentist to provide oral appliance therapy for Snoring and Obstructive Sleep Apnea, Dr. Williams participates in continued sleep disorder education with leading dental sleep medicine specialists. Working with sleep diagnostic centers, ENT specialists and sleep specialist doctors, Dr. Williams creates dental sleep solutions for patients who are CPAP intolerant.

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SNORING AND OSA

Snoring

An estimated 40% of adults over age 40 snore. Snoring occurs when the jaw opens and the tongue falls into the back of the throat, forcing air through the narrower opening. The pressure causes sound vibrations in the throat. Snoring is more common in obese patients, the elderly and individuals with loose tissue in the mouth or nasal area.

Obstructive Sleep Apnea (OSA)

For over 20 million Americans, loud snoring may be a sign of Obstructive Sleep Apnea (OSA). Occurring during normal sleep, OSA is defined as cessation of breathing for 10 seconds or more, at a frequency of more than five times per hour. Disrupted breathing causes an imbalance in carbon dioxide and oxygen levels, and the brain wakes up the body to restart breathing.

OSA occurs during sleep when the throat is blocked by one's uvula, tonsils, tongue, or collapse of throat muscles. Symptoms include early morning headaches, day time dozing and fatigue. Linked to a series of serious conditions including heart disease, hypertension and strokes, OSA should be evaluated by a physician certified in sleep medicine.

THE FACTS

- 90% of sleep apneatics remain undiagnosed and untreated
- Risk of sleep apnea in women greatly increases after menopause
- Pregnancy may also be a time of particular risk for women
- 2 to 3% of all children have OSA

NAPA VALLEY SLEEP SOLUTIONS

Dr. Williams specializes in providing patients with dental solutions for snoring and sleep apnea. We offer different dental treatments depending on the sleep disorder, degree of severity and patient's overall health.

Mandibular Advancement Splint

For most snorers, Dr. Williams can reduce symptoms using a custom-fitted oral appliance called a Mandibular Advancement Splint (MAS). The forward movement of the splint moves the jaw and tongue forward, keeping the upper airway open and preventing obstruction while you sleep. It also reduces the vibration of the upper airway tissues that cause the loud "snoring sound".

CPAP Mask

The gold standard of treatment for OSA is a well-fitted CPAP mask. While proven very effective, the CPAP is not well tolerated by some patients who find it difficult to use.

Complaints range from soreness around face and nose, interrupted sleep, and feelings of claustrophobia.



Oral Appliance Therapy



Dr. Williams uses oral appliance therapy, an oral device which advances the lower jaw in a more forward position to prevent the tongue from blocking the main air passage. Many find it more comfortable to wear and more convenient to travel with. For some, it may help to avoid the CPAP mask and unwanted surgery.