

Symptoms of Sleep Apnea

Day:

Excessive Daytime Sleepiness

Fatigue

High Blood Pressure

Depression, Irritability

Morning Headaches

Impaired Memory

Diabetes

Scalloped Tongue

Worn Eroded Teeth

Weight Gain/ Neck Size

Forward Head Posture

Night:

Snoring

Pauses in Breathing

Choking

Recurrent Awakening

Palpitations

Restlessness

Rapid Heart Rate

Sour Taste

Insomnia

Acid Reflux

Sleepwalking

Sleep Talking



George F. Warga, DDS

Dr. George Warga leads a relationship-based practice that has been providing exceptional dentistry for over 30 years in Chicago's North Shore suburb of Winnetka, IL with an emphasis on prosthetics, implants, cosmetics, TMJ, sleep apnea, restorative dentistry and occlusal (bite) function. Dr. Warga was named in Chicago Magazine as one of the top 40 dentists in the Chicagoland area and has earned the foremost recognition from peers and patients alike.

As a nationally recognized speaker and provider of continuing education programs for dental professionals, Dr. Warga has served as a lead faculty member at the world renowned L.D. Pankey Institute for post-graduate advanced dental education. He also founded Lifetime Functional and Aesthetic Restorations Dental Seminars. His practice provides comprehensive holistic care for patients that appreciate the value of personalized expert services.

Office Hours:

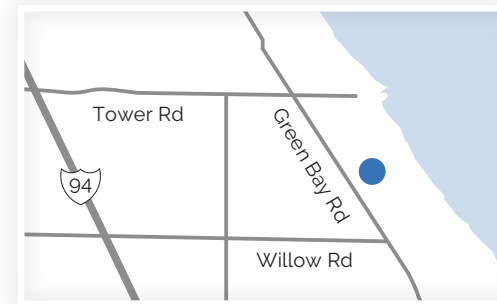
Monday: 7:00 AM - 4:00 PM

Tuesday: 7:00 AM - 4:00 PM

Wednesday: 7:00 AM - 4:00 PM

Thursday: 7:00 AM - 3:00 PM

Friday-Sunday: Closed



570 Lincoln Ave, Ste 3
Winnetka, IL 60093

SLEEP APNEA GUIDE

Reclaim Your Sleep & Energy



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winnetkadentalarts.com
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What is Sleep Apnea?

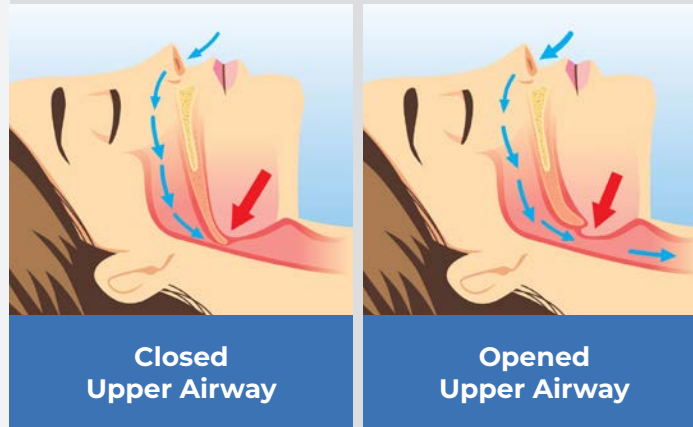
Sleep apnea is a sleeping disorder that is characterized by interruptions in normal sleep patterns due to temporary pauses in breathing.

Sleep apnea can present a myriad of symptoms and can often be misdiagnosed or missed entirely. Not only does sleep apnea affect your quality of sleep, but if left untreated it can lead to more serious health problems such as heart disease, stroke, and premature death. By treating the underlying sleep disorder, these serious health issues may be avoided.

Although the levels of severity of sleep apnea vary among individuals, it usually greatly affects the quality of life of the sufferer as well as their bed partner.

The Three Types of Sleep Apnea

1 Obstructive Sleep Apnea (OSA) is the most common type of sleep apnea. This typically occurs when the back of the airway becomes obstructed by the tongue during sleep. This causes interruptions in breathing during sleep.



2 Central Sleep Apnea (CSA) is caused when the brain fails to signal the muscles to breathe properly. It is very uncommon, and snoring is generally not a symptom.

3 Complex Sleep Apnea is a combination of central and obstructive sleep apnea

Relief Without Surgery or a CPAP

We successfully treat obstructive sleep apnea (OSA) by designing a custom oral appliance that is worn while you sleep.

The oral device is very similar to a mouth guard; it fits comfortably into your mouth while you sleep to support the jaw in a forward position and prevent any airway obstruction.

Treatment for Central Sleep Apnea or Complex Sleep Apnea cases are determined on a case-by-case basis. That said, these types of sleep apnea are quite rare, so if you are experiencing any of the symptoms, it is likely that oral appliance therapy will be of great benefit to you.

For over 30 years, Dr. Warga has successfully treated patients with sleep disorders and TMJ complications. He has developed a thorough understanding of the complexity of the masticatory and airway system. His extensive training in prosthodontics and full-mouth restorative dentistry enables him to provide highly effective oral treatment solutions. By addressing TMJ issues in conjunction with sleep apnea management, Dr. Warga can optimize the efficacy of oral appliance therapy and deliver desired outcomes for his patients.



Ready for a better night's sleep?

Schedule your appointment today!
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