

# **Sleep Disorder Fact Sheet**

**Michael E. Unser DDS**

**303-238-1400**

- **Snoring is an indicator not a predictor of sleep apnea.**
- **Oral appliances can help quiet snoring.**
- **Sleep apnea can contribute to:**
  - Increase risk for accidents
  - Depression
  - Hypertension
  - Weight Gain
  - Diabetes
  - Cardiovascular Diseases (Heart attacks/Strokes)
- **Poor sleep can affect the glymphatic systems which rids the brain of toxics, and amyloid-beta proteins, which have been associated with Alzheimer's disease.**
- **The NTSBC (National Transportation Safety Board) in 1989 started a "most wanted" list and fatigue has been on the list every year.**
- **Each year fatigue is listed as a casual or contributing factor in the stats of the following:**
  1. 100,000 police reports of traffic accidents
  2. 1550 deaths per year
  3. 71,000 injuries per year
  4. \$12,500,000,000 monetary losses per year

