

Get the Sleep You Need

You will get the sleep you need with **OPTISLEEP** for a healthier life and a better well being, plus it will allow your partner to no longer suffer too.

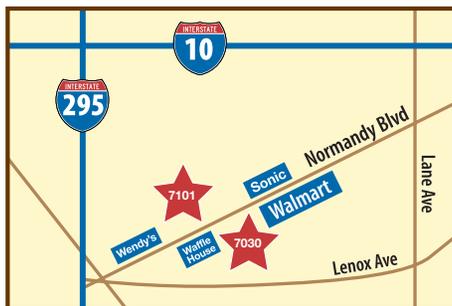


- No Hose or Mask**
- Comfortable and Easy to Transport**
- Easy, Non-invasive & Simple To Care For**
- Quiet, No Noise**
- Effective Because Easy To Comply**

Call Today!

904.786.5850

Normandy Locations
(Across from Aldi Supermarket)



San Jose Blvd. Location
(Behind Kessler Creative)



Walk-Ins Welcome!

Monday - Thursday
7:00am - 7:00pm
Friday
7:00am - 5:00pm

www.JRdentalcare.com

Do You Think You SNORE or Have SLEEP APNEA?



OPTISLEEP may help!

Ask any dentist or
staff at
JR Dental
for details.

904.786.5850

www.JRdentalcare.com

JR DENTAL AND ASSOCIATES



JR DENTAL

General & Specialty Dentistry



JR DENTAL

General & Specialty Dentistry

What is Obstructive Apnea?

Obstructive sleep apnea (OSA) is a common disorder that causes snoring and breathing pauses during sleep. These breathing pauses may occur 30 times or more an hour. As a result, the quality of sleep suffers, making patients tired during the day.

What are the Symptoms?

The most obvious sign of obstructive sleep apnea is chronic, loud, and ongoing snoring. There is usually, too, persistent sleepiness during the day, including while at work or driving. This may cause the sufferer to doze off during periods of inactivity. Other symptoms include morning headaches, waking frequently throughout night, difficulty concentrating and remembering, psychological problems such as depression or mood changes, and sore throat or dry mouth upon waking.

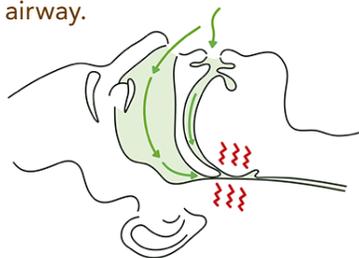
What are the Risk Factors?

Fragmented sleep such as that induced by obstructive sleep apnea is the most common cause of daytime sleepiness and issues related to sleep deprivation, including problems with memory, reaction time, and concentration. OSA may also lead to serious illnesses due to its reduction of oxygen levels. This combination of disturbed sleep and oxygen starvation may contribute to ailments including hypertension, heart disease, stroke, diabetes, sexual dysfunction, and depression, plus a significantly higher risk of accidents, including those in the workplace and while driving.

With normal breathing, which supports the restorative sleep that is so important to human health and well being, air flows freely through the upper airway. There is no obstruction to hinder breathing.

How does **OPTISLEEP** work?

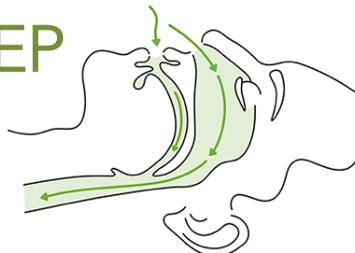
The lower jaw is moved forward comfortably to relax the tissue at the back of the throat and prevent the base of the tongue from collapsing and blocking the airway.



OSA

Obstructive sleep apnea exists when the airway becomes blocked to the extent that it causes pauses in breathing and impaired sleep quality.

OPTISLEEP



For More Info Visit

www.OPTISLEEP.com

or call

JR Dental
904.786.5850

Take **TEST!**



SLEEP APNEA questionnaire

Do you snore or have you been told you snore?

YES NO

Has anyone ever told you that you stopped breathing or gasp during sleep?

YES NO

Do you have trouble concentrating during the day?

YES NO

Have you had, or are you currently being treated for high blood pressure?

YES NO

Do you occasionally doze off or fall asleep during the day when you are not busy or active?

YES NO

TOTAL SCORE

YES NO

If you checked yes to three or more of the questions above, talk to your physician or dentist about sleep apnea and taking a sleep study test. **OPTISLEEP** could be the solution for you.

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