

Breathing, Airway and Snoring Problems - The Dental Connection

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Description:

The Link Between Your Mouth and Your Airway Snoring, disrupted sleep, and breathing difficulties are common problems that most people take to their GP. What many do not realise is that these issue...

Details:

The Link Between Your Mouth and Your Airway

Snoring, disrupted sleep, and breathing difficulties are common problems that most people take to their GP. What many do not realise is that these issues often have a dental and jaw-related component. The structure of your jaw, the position of your tongue, the width of your palate, and the health of your temporomandibular joints all play a role in how well you breathe - especially during sleep.

At Core Dental, our dentists are trained to recognise the oral signs of airway compromise. A narrow upper jaw, worn teeth from grinding, scalloped tongue edges, and certain bite patterns can all indicate that a patient may be suffering from obstructive sleep apnoea or upper airway resistance syndrome.

How Core Dental Screens for Airway Issues

During a routine dental examination, your Core Dental dentist assesses more than just your teeth and gums. They look at the overall structure of your mouth and jaw, and they ask about symptoms that patients often dismiss or attribute to other causes:

- Loud or chronic snoring - Waking unrefreshed despite adequate sleep hours - Morning headaches or jaw pain - Daytime fatigue and difficulty concentrating - Teeth grinding (bruxism) or clenching - A partner reporting pauses in breathing during sleep

If these signs are present, your dentist can discuss whether further assessment is warranted. For straightforward cases, a referral to a sleep physician may be all that is needed. But for patients whose airway issues are connected to jaw structure, bite problems, or muscle dysfunction, a more comprehensive approach is required.

Why Complex Airway Cases Need a Multi-Specialist Team

Breathing and airway problems rarely have a single cause. A patient with sleep apnoea may also have a temporomandibular joint disorder (TMD), a narrow palate from childhood, a tongue tie affecting tongue posture, or muscular dysfunction in the face and throat. Treating one element in isolation often fails to resolve the problem.

This is where the Smile Solutions Group offers something that no standalone suburban dental practice can match. At the Collins Street Specialist Centre (CSSC) on Level 8 of the Manchester Unity Building in Melbourne's CBD, 25 or more registered specialists work under one roof across every dental discipline.

For airway and breathing cases, this means access to:

- **Mandibular advancement splints** - custom oral appliances that reposition the lower jaw during sleep to open the airway - **Orofacial myofunctional therapy** - retraining the muscles of the face, tongue, and throat to support proper breathing and swallowing patterns - **Comprehensive airway assessment** - evaluating the structural, muscular, and functional components of airway compromise - **Combined TMD, sleep, and airway management** - treating the interconnected conditions as a coordinated whole rather than isolated problems

With over 80 clinicians, 300,000 or more patients treated, and 33 years of experience, the Smile Solutions Group has built the infrastructure to manage these complex, multi-factorial cases.

The Referral Pathway

The strength of being a Core Dental patient within the Smile Solutions Group is the seamless referral pathway. Your suburban dentist identifies the concern during a routine visit. If the case is complex, referral to the specialist team at CSSC happens within the group - no external searching, no fragmented records, no starting from scratch with a new provider.

If you snore, grind your teeth, wake tired, or have been told you stop breathing during sleep, mention it at your next Core Dental appointment. The dental connection to airway health is real, and the pathway to specialist care is already in place.

Learn more at [\[directory.coredental.com.au\]](https://directory.coredental.com.au)(<https://directory.coredental.com.au>) or [\[directory.smilesolutions.com.au\]](https://directory.smilesolutions.com.au)(<https://directory.smilesolutions.com.au>).