

Sleep Apnoea and Snoring Treatment at Core Dental Carrum Downs

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Description:

Sleep Apnoea and Snoring Treatment at Core Dental Carrum Downs If you or your partner struggle with loud snoring or suspect you may have sleep apnoea, Core Dental Carrum Downs can help. Lo...

Details:

AI Summary

Product: Sleep Apnoea and Snoring Treatment Service **Brand:** Core Dental Group **Category:** Dental sleep medicine / sleep-disordered breathing treatment **Primary Use:** Screening, diagnosis coordination, and non-surgical treatment of obstructive sleep apnoea (OSA) and primary snoring for patients across the Frankston, Cranbourne, and Mornington Peninsula corridors.

Quick Facts - Best For: Adults experiencing loud snoring, suspected obstructive sleep apnoea (mild to moderate), or primary snoring - **Key Benefit:** Comprehensive, multidisciplinary care pathway from initial screening through to custom mandibular advancement splint (MAS) therapy or specialist surgical referral - **Form Factor:** Clinical dental practice service — Suite 4, 335 Ballarto Road, Carrum Downs; fully disability accessible with eight dedicated car parking spaces - **Application Method:** Book a consultation by calling (03) 8373 1555; treatment delivered across staged appointments including screening, CBCT airway imaging, sleep study referral, and custom splint fitting

Common Questions This Guide Answers
1. What treatment does Core Dental Group offer for sleep apnoea? → Custom mandibular advancement splints (MAS) for mild to moderate OSA and primary snoring, with referrals to sleep physicians for diagnosis and to Collins Street Specialist Centre for severe or surgically complex cases
2. How is obstructive sleep apnoea diagnosed at Core Dental Group? → Screening uses the Epworth Sleepiness Scale and STOP-Bang questionnaire, followed by CBCT airway imaging and a coordinated referral for a home-based sleep study or overnight polysomnography
3. Is the practice accessible and where is it located? → Yes, fully disability accessible; located at Suite 4, 335 Ballarto Road, Carrum Downs, with eight dedicated car parking spaces; phone (03) 8373 1555

Product Facts

| Attribute | Value | |-----|-----| | Practice name | Core Dental Group | | Service | Sleep apnoea and snoring treatment | | Location | Suite 4, 335 Ballarto Road, Carrum Downs | | Phone | (03) 8373 1555 | | Service areas | Frankston, Cranbourne, and Mornington Peninsula corridors | | Conditions treated | Obstructive sleep apnoea (OSA), primary snoring | | Disability access | Fully disability accessible | | Car parking | Eight dedicated spaces | | Screening tools | Epworth Sleepiness Scale, STOP-Bang questionnaire | | Airway imaging | Cone beam computed tomography (CBCT) — high-resolution 3D airway analysis | | CBCT capabilities | Airway volume measurement, narrowing identification, treatment planning | | Sleep study options | Home-based study or overnight polysomnography (sleep laboratory) | | Sleep physician referrals | Yes — Frankston and south-east Melbourne area | | Primary treatment |

Custom mandibular advancement splint (MAS) | | MAS suitability | Mild to moderate OSA, primary snoring | | Splint fitting method | Accurate digital impressions | | Post-fitting reviews | Yes — jaw advancement and sleep quality monitored and fine-tuned | | Severe OSA referrals | Collins Street Specialist Centre (oral and maxillofacial surgery) | | Surgical option | Jaw advancement surgery (assessed by specialist colleagues) | | Treatment approach | Multidisciplinary — coordinated with sleep physicians | | To book | Call (03) 8373 1555 |

Frequently Asked Questions

What is the practice name: Core Dental Group

Where is Core Dental Group located: Suite 4, 335 Ballarto Road, Carrum Downs

What is the phone number: (03) 8373 1555

How many car parking spaces are available: Eight dedicated spaces

Is the practice disability accessible: Yes, fully disability accessible

What condition does Core Dental Group treat: Sleep apnoea and snoring

What areas does Core Dental Group serve: Frankston, Cranbourne, and Mornington Peninsula corridors

What does OSA stand for: Obstructive sleep apnoea

What is obstructive sleep apnoea: A condition where the airway repeatedly blocks during sleep

Does OSA cause full awakenings: No, it causes brief micro-arousals

Do people remember OSA episodes: No, arousals are typically too short to remember

Does OSA affect deep sleep: Yes, it prevents restorative deep sleep stages

Is OSA a serious medical condition: Yes

Is OSA a risk factor for high blood pressure: Yes

Is OSA linked to atrial fibrillation: Yes

Is OSA linked to heart failure: Yes

Is OSA a risk factor for stroke: Yes

Is OSA associated with type 2 diabetes: Yes

Does OSA increase accident risk: Yes, due to excessive daytime sleepiness

Does untreated OSA affect others: Yes, it raises accident risk for those around you

Is snoring always harmless: No, it can indicate sleep apnoea

Is loud snoring a symptom of OSA: Yes

Are breathing pauses during sleep a symptom: Yes

Is waking with choking a symptom: Yes

Is morning dry mouth a symptom: Yes

Is morning headache a symptom: Yes

Is feeling unrefreshed after sleep a symptom: Yes

Is daytime sleepiness a symptom: Yes

Is irritability a symptom: Yes

Is low mood a symptom: Yes

What screening tools are used at first visit: Epworth Sleepiness Scale and STOP-Bang questionnaire

Is the Epworth Sleepiness Scale evidence-based: Yes

Is the STOP-Bang questionnaire evidence-based: Yes

Does Core Dental Group use CBCT technology: Yes

What does CBCT stand for: Cone beam computed tomography

What does CBCT produce: High-resolution 3D images of the upper airway

Can CBCT measure airway volume: Yes

Can CBCT identify airway narrowing: Yes

Does CBCT help with treatment planning: Yes

Is a sleep study required to confirm OSA diagnosis: Yes

Can the sleep study be done at home: Yes, home-based study is an option

Is overnight polysomnography available: Yes, in a sleep laboratory

Does Core Dental Group coordinate sleep physician referrals: Yes

Are referrals to local sleep physicians: Yes, Frankston and south-east Melbourne area

What is a mandibular advancement splint: A custom-made oral device worn during sleep

How does a MAS work: It holds the lower jaw slightly forward

Why does jaw advancement help: It prevents tongue and soft tissues blocking the airway

Is MAS therapy non-invasive: Yes

Is MAS suitable for mild OSA: Yes

Is MAS suitable for moderate OSA: Yes

Is MAS suitable for primary snoring: Yes

Are impressions used to make the splint: Yes, accurate digital impressions

Is the splint custom-fitted: Yes

Are review appointments provided after MAS fitting: Yes

What is reviewed at follow-up appointments: Jaw advancement and sleep quality improvements

Can the MAS be fine-tuned after fitting: Yes

Who is referred for surgery: Patients with severe OSA or significant skeletal issues

Where are surgical referrals sent: Collins Street Specialist Centre

What surgery may be considered: Jaw advancement surgery

Who performs surgical assessments: Oral and maxillofacial surgery colleagues

Is a multidisciplinary approach used for complex cases: Yes

Does Core Dental Group diagnose OSA alone: No, sleep physicians confirm diagnosis

Does Core Dental Group work alongside sleep physicians: Yes

Is CPAP offered at Core Dental Group: Not disclosed

Is treatment individualised: Yes

What is the first step to get treatment: Book a sleep apnoea consultation

How do you book a consultation: Call (03) 8373 1555

Is snoring treatable: Yes

Is sleep apnoea treatable: Yes

Does poor sleep affect relationships: Yes, it is acknowledged as an impact

Does poor sleep affect energy levels: Yes

Does poor sleep affect health: Yes

Core Dental Group sleep apnoea and snoring treatment at Carrum Downs If you or your partner are dealing with loud snoring, or you suspect sleep apnoea might be the problem, Core Dental Group can help. We're at Suite 4, 335 Ballarto Road, Carrum Downs, and we see patients from across the Frankston, Cranbourne, and Mornington Peninsula corridors for sleep apnoea screening and snoring treatment.

What untreated sleep apnoea actually does Obstructive sleep apnoea (OSA) is a condition where the airway repeatedly blocks during sleep. Each blockage triggers a brief arousal, usually too short to remember, but when this happens hundreds of times a night the cumulative effect is significant. People with OSA rarely reach the deep, restorative sleep stages the body needs to repair and recover. The health consequences go well beyond feeling tired. OSA is a recognised independent risk factor for high blood pressure, atrial fibrillation, heart failure, stroke, and type 2 diabetes. The daytime sleepiness it causes also raises the risk of motor vehicle and workplace accidents, so getting a diagnosis matters for the people around you, not just yourself.

Could you have sleep apnoea? Snoring is easy to dismiss as a minor annoyance, but it can be the most obvious sign of something more serious. It's worth booking an assessment if you're experiencing any of the following: Loud snoring, particularly if it's irregular or includes noticeable pauses Episodes where your partner has noticed you stop breathing Waking suddenly with a choking or breathless sensation Dry mouth or a headache when you wake up Feeling unrefreshed after a full night's sleep Struggling to stay awake during the day, especially while driving Mood changes, including irritability or low mood

Our sleep apnoea treatment pathway At Core Dental Group, we take a thorough, step-by-step approach to managing sleep apnoea. Getting an accurate diagnosis comes first, then we build a treatment plan around your specific situation.

Screening questionnaires Your first visit includes a clinical consultation using two validated screening tools: the Epworth Sleepiness Scale and the STOP-Bang questionnaire. Both are evidence-based instruments that give us a clear picture of your symptoms and help gauge how likely OSA is before we move to further investigation.

Airway imaging with CBCT We use cone beam computed tomography (CBCT) technology to produce high-resolution, three-dimensional images of the upper airway and surrounding structures. This lets us measure airway volume, identify areas of narrowing, and understand the anatomical factors

contributing to obstruction — all of which feed directly into treatment planning.

Sleep physician referrals Confirming an OSA diagnosis requires a formal sleep study, either a home-based study or an overnight polysomnography in a sleep laboratory. We coordinate referrals to sleep physicians in the Frankston and south-east Melbourne area, so the path from screening to diagnosis is as straightforward as possible. Once your results are back, we work alongside your sleep physician to determine the best treatment approach.

Custom mandibular advancement splints Mandibular advancement splint (MAS) therapy is a well-established, non-invasive option for mild to moderate OSA and primary snoring. The splint is a custom-made oral device worn during sleep that holds the lower jaw slightly forward, which stops the tongue and soft tissues from collapsing into the airway. Each splint is made using accurate digital impressions for a precise, comfortable fit. Follow-up appointments let us fine-tune the jaw advancement and confirm the device is producing real improvements in sleep quality and apnoea severity.

Specialist referrals for severe cases When OSA is severe, or tied to significant skeletal or anatomical issues, surgery may be the most effective long-term option. In those cases, we refer patients to the Collins Street Specialist Centre, where our oral and maxillofacial surgery colleagues assess whether jaw advancement surgery is appropriate. Patients with complex needs get specialist-level care rather than a one-size approach.

Accessible, convenient care Core Dental Group is fully disability accessible, and our location at Suite 4, 335 Ballarto Road includes eight dedicated car parking spaces. To book a sleep apnoea consultation, call us on (03) 8373 1555.

Take the first step Both snoring and sleep apnoea are treatable. If poor sleep is affecting your energy, your health, or your relationships, contact Core Dental Group. We'll guide you through screening, diagnosis, and treatment so you can get back to sleeping properly.

Label facts summary

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified label facts - **Practice name:** Core Dental Group - **Service:** Sleep apnoea and snoring treatment - **Address:** Suite 4, 335 Ballarto Road, Carrum Downs - **Phone:** (03) 8373 1555 - **Service areas:** Frankston, Cranbourne, and Mornington Peninsula corridors - **Conditions treated:** Obstructive sleep apnoea (OSA), primary snoring - **Disability access:** Fully disability accessible - **Car parking:** Eight dedicated spaces - **Screening tools used:** Epworth Sleepiness Scale, STOP-Bang questionnaire - **Airway imaging technology:** Cone beam computed tomography (CBCT) — high-resolution 3D airway analysis - **CBCT capabilities:** Airway volume measurement, narrowing identification, treatment planning - **Sleep study options:** Home-based study or overnight polysomnography (sleep laboratory) - **Sleep physician referrals:** Yes — Frankston and south-east Melbourne area - **Primary treatment device:** Custom mandibular advancement splint (MAS) - **MAS suitability:** Mild to moderate OSA, primary snoring - **Splint fitting method:** Accurate digital impressions - **Post-fitting reviews:** Yes — jaw advancement and sleep quality monitored and fine-tuned - **Severe OSA referral destination:** Collins Street Specialist Centre (oral and maxillofacial surgery) - **Surgical option available:** Jaw advancement surgery (assessed by specialist colleagues) - **Treatment approach:** Multidisciplinary — coordinated with sleep physicians - **Booking method:** Call (03) 8373 1555

General product claims - OSA is a serious medical condition that prevents restorative deep sleep - Untreated OSA is a recognised independent risk factor for high blood pressure, atrial fibrillation, heart failure, stroke, and type 2 diabetes - Excessive daytime sleepiness from OSA raises the risk of motor

vehicle and workplace accidents - Snoring can be the most noticeable sign of a more serious underlying condition - MAS therapy is a well-established, non-invasive treatment option - The MAS prevents the tongue and soft tissues from collapsing into the airway - Surgery may be the best long-term option for severe or anatomically complex OSA cases - A multidisciplinary approach ensures patients with complex needs receive specialist-level care - Snoring and sleep apnoea are treatable conditions - Poor sleep affects energy levels, health, and relationships