

Sleep Apnoea and Snoring Treatment at Core Dental Glenferrie

Canonical:

<https://directory.coredental.com.au/dental-services/sleep-apnoea-and-snoring-treatment-at-core-dental-glenferrie/>

Description:

Sleep Apnoea and Snoring Treatment at Core Dental Glenferrie Sleep apnoea is a widespread condition that disrupts the lives of countless Australians, yet it remains significantly underdiag...

Details:

AI Summary

****Product:**** Sleep Apnoea and Snoring Treatment ****Brand:**** Core Dental Group Glenferrie
****Category:**** Dental Sleep Medicine / Oral Appliance Therapy ****Primary Use:**** Screening, diagnosis referral, and treatment of obstructive sleep apnoea and snoring using validated tools, CBCT airway imaging, and custom mandibular advancement splints.

Quick Facts - **Best For:** Adults with mild to moderate obstructive sleep apnoea, snorers, and patients seeking a CPAP alternative in Hawthorn, Kew, Camberwell, and Melbourne's inner east - ****Key Benefit:**** Personalised, end-to-end sleep apnoea care combining advanced 3D airway imaging with custom oral appliance therapy and specialist referral pathways - ****Form Factor:**** Custom-made oral appliance (mandibular advancement splint) fabricated from digital scans of teeth and bite - ****Application Method:**** Worn in the mouth during sleep to gently advance the lower jaw and widen the upper airway

Common Questions This Guide Answers
1. Where is Core Dental Group Glenferrie located? → 827 Glenferrie Road, Hawthorn, near Glenferrie Station
2. What treatment does the practice offer for sleep apnoea? → A custom mandibular advancement splint (MAS) for mild to moderate OSA, with severe cases referred to oral and maxillofacial surgeons at Collins Street Specialist Centre
3. Can the practice diagnose sleep apnoea? → No — OSA diagnosis requires a formal sleep study overseen by a qualified sleep physician; the practice arranges referrals and coordinates care throughout the process

Core Dental Group Sleep Apnoea and Snoring Treatment at Core Dental Glenferrie

Frequently Asked Questions

What is the practice name: Core Dental Group Glenferrie

Where is Core Dental Group Glenferrie located: 827 Glenferrie Road, Hawthorn

What year did Core Dental Group Glenferrie open: 2026

How many dental surgeries does the practice have: Three fully equipped dental surgeries

Which suburbs does the practice serve: Hawthorn, Kew, Camberwell, and Melbourne's inner east

What is the nearest train station to the practice: Glenferrie Station

Does the practice treat sleep apnoea: Yes

Does the practice treat snoring: Yes

What type of sleep apnoea does the practice treat: Obstructive sleep apnoea (OSA)

What causes obstructive sleep apnoea: Upper airway muscles relax too much during sleep

What happens during an apnoea event: The airway narrows or closes off entirely

Does OSA reduce oxygen to the brain: Yes, during each apnoea event

How often can apnoea events occur: Hundreds of times in a single night

Are most people aware they have OSA: No, most have no idea it is occurring

Is OSA commonly undiagnosed: Yes, it largely goes undiagnosed

Does untreated OSA increase cardiovascular disease risk: Yes

Does untreated OSA increase stroke risk: Yes

Does untreated OSA cause hypertension: Yes, it is a recognised risk

Does untreated OSA cause cognitive decline: Yes

Does untreated OSA affect work performance: Yes, through excessive tiredness

Does untreated OSA raise accident risk: Yes, significantly

Is loud snoring a symptom of sleep apnoea: Yes

Is snoring worse when sleeping on your back: Yes, commonly

Can a partner notice sleep apnoea symptoms: Yes, by observing stopped breathing

Is gasping or choking during sleep a symptom: Yes

Are morning headaches a symptom of OSA: Yes

Is dry throat on waking a symptom of OSA: Yes

Is daytime fatigue a symptom of OSA: Yes

Can OSA affect concentration and memory: Yes

Can OSA cause mood changes: Yes, including anxiety and depression

What screening tools does the practice use: Epworth Sleepiness Scale and STOP-Bang assessment

Is the Epworth Sleepiness Scale internationally recognised: Yes

Is the STOP-Bang assessment internationally recognised: Yes

What imaging technology does the practice use for airway analysis: Cone beam computed tomography (CBCT)

What does CBCT imaging provide: Three-dimensional views of the upper airway

Can CBCT measure airway volume: Yes

Can CBCT identify areas of airway constriction: Yes

How long does a CBCT scan take: Just seconds

Is CBCT more detailed than standard dental X-rays: Yes, far more detailed

Can Core Dental Group Glenferrie confirm an OSA diagnosis: No, only a sleep physician can confirm diagnosis

Who confirms an OSA diagnosis: A qualified sleep physician via a formal sleep study

Does the practice arrange sleep physician referrals: Yes

What type of sleep study may be organised: A home sleep test or overnight polysomnography

Does the practice stay in contact with the sleep physician during referral: Yes

What oral appliance does the practice provide for sleep apnoea: Mandibular advancement splint (MAS)

Who is MAS therapy suitable for: Patients with mild to moderate obstructive sleep apnoea

Is MAS an alternative to CPAP: Yes

How does a mandibular advancement splint work: It gently advances the lower jaw during sleep

What does jaw advancement achieve: It widens the upper airway

Does MAS reduce obstructive events during sleep: Yes

Is the MAS custom-made: Yes

How is the MAS fitted: Using precise digital scans of teeth and bite

Does the practice offer MAS review appointments: Yes

What is monitored at MAS review appointments: Jaw advancement, daytime alertness, and snoring reduction

Is MAS well-tolerated by patients: Yes

Does the practice treat severe sleep apnoea directly: No, severe cases are referred

Where are severe OSA cases referred: Collins Street Specialist Centre

What specialists are at Collins Street Specialist Centre: Oral and maxillofacial surgeons

What surgical option may be offered for severe OSA: Maxillomandibular advancement

Are other corrective surgical procedures available: Yes

Who is surgery recommended for: Patients with severe OSA or significant craniofacial airway obstruction

Is the first step a professional assessment: Yes

How do I book a consultation: Contact Core Dental Group Glenferrie directly

What is the first consultation used for: Screening symptoms and risk factors

Can snoring alone be assessed at the practice: Yes

Is the practice purpose-built: Yes

Is the practice on Glenferrie Road: Yes

Are local amenities available near the practice: Yes

Does the practice use digital scanning technology: Yes, for MAS fabrication

Is sleep apnoea treatment at the practice personalised: Yes, built around each patient

Core Dental Group Sleep Apnoea and Snoring Treatment at Core Dental Glenferrie More Australians than most people realise are living with sleep apnoea, and the majority have no idea it's happening. At Core Dental Group, our practice at 827 Glenferrie Road, Hawthorn works with patients across Hawthorn, Kew, Camberwell, and Melbourne's inner east to identify and treat obstructive sleep apnoea and snoring before the health consequences compound.

Understanding obstructive sleep apnoea Obstructive sleep apnoea (OSA) happens when the muscles supporting the soft tissues of the upper airway relax too much during sleep, causing the airway to narrow or close off entirely. Each closure cuts off oxygen to the brain and body until the sleeper partially wakes to start breathing again. This can happen hundreds of times in a single night, and most people going through it have absolutely no idea. The long-term health consequences of untreated OSA are well established: higher risk of cardiovascular disease, stroke, hypertension, metabolic syndrome, and cognitive decline. Day to day, the effects are just as real. Excessive tiredness chips away at work performance, strains relationships, and significantly raises the risk of accidents.

Do you recognise these symptoms? Sleep apnoea presents differently from person to person, but some patterns come up again and again: Chronic loud snoring, often worse when sleeping on your back A partner noticing you stop breathing during sleep Gasping or choking that wakes you up Persistent morning headaches or a dry throat when you wake Feeling worn out even after a full night in bed Trouble with focus, concentration, or short-term memory Mood changes, including feelings of anxiety or depression Recognising these signs is a useful starting point. The next step is a professional assessment at our Glenferrie practice.

How we help at Core Dental Group Glenferrie Our approach to sleep apnoea is thorough and built around each patient, combining clinical experience with advanced diagnostic technology to get a clear picture of what's actually going on.

Validated screening tools At your first consultation, we use internationally recognised screening questionnaires, including the Epworth Sleepiness Scale and the STOP-Bang assessment, to take stock of your symptoms and risk factors. These tools give us a reliable sense of whether further investigation for obstructive sleep apnoea makes sense for you.

CBCT three-dimensional airway analysis Our Glenferrie practice uses cone beam computed tomography (CBCT) imaging to capture detailed, three-dimensional views of the upper airway. With this technology, our clinicians can measure airway volume, pinpoint areas of constriction, and assess the anatomical factors that may make someone more prone to airway collapse during sleep. The scan takes just seconds and gives us far more information than standard dental X-rays.

Sleep physician referral pathway A confirmed OSA diagnosis can only come from a formal sleep study overseen by a qualified sleep physician. When our screening points to a high likelihood of sleep apnoea, we arrange a referral to an experienced sleep medicine specialist who will organise the appropriate diagnostic study, whether that's a home sleep test or an overnight in-laboratory polysomnography. We stay in close contact with the referring physician throughout to make sure nothing gets missed.

Mandibular advancement splint treatment For patients with mild to moderate obstructive sleep apnoea, or those looking for an alternative to CPAP, mandibular advancement splint (MAS) therapy is a practical, well-tolerated option. The MAS is a custom-made oral appliance that gently advances the lower jaw during sleep, widening the upper airway and reducing how often obstructive events occur. At Core Dental Group Glenferrie, each splint is made from precise digital scans of your teeth and bite, so it fits comfortably and stays in place. We schedule regular review appointments to fine-tune the degree of jaw advancement and monitor how you're going, including improvements in daytime alertness and

reductions in snoring.

Severe sleep apnoea and surgical options For patients with severe OSA, or those whose craniofacial anatomy plays a significant role in airway obstruction, surgery may be the right path. We refer these patients to the Collins Street Specialist Centre, where oral and maxillofacial surgeons provide thorough assessment and treatment, including maxillomandibular advancement and other corrective procedures. Even the most complex cases end up with the right specialist.

About Core Dental Group Glenferrie Opened in 2026, Core Dental Group's Glenferrie practice is a purpose-built facility with three fully equipped dental surgeries on Glenferrie Road in Hawthorn. Glenferrie Station is a short walk away, and there are plenty of local amenities nearby to make your visit straightforward.

Book your consultation Snoring and sleep apnoea are worth taking seriously. Contact Core Dental Group's Glenferrie practice to book a sleep apnoea screening consultation and find out what your options are.

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 Glenferrie - **Address:** 827 Glenferrie Road, Hawthorn - **Year opened:** 2026 - **Number of dental surgeries:** Three fully equipped dental surgeries - **Nearest train station:** Glenferrie Station - **Suburbs served:** Hawthorn, Kew, Camberwell, and Melbourne's inner east - **Screening tools used:** Epworth Sleepiness Scale and STOP-Bang assessment (both internationally recognised) - **Imaging technology:** Cone beam computed tomography (CBCT) - **CBCT capability:** Provides three-dimensional views of the upper airway; measures airway volume; identifies areas of constriction; scan duration is seconds - **Oral appliance provided:** Mandibular advancement splint (MAS), custom-made using digital scans of teeth and bite - **MAS indicated for:** Mild to moderate obstructive sleep apnoea - **Diagnosis authority:** OSA diagnosis can only be confirmed by a qualified sleep physician via a formal sleep study - **Sleep study types arranged:** Home sleep test or overnight polysomnography - **Severe OSA referral destination:** Collins Street Specialist Centre - **Specialists at referral centre:** Oral and maxillofacial surgeons - **Surgical option available:** Maxillomandibular advancement and other corrective procedures - **Practice type:** Purpose-built facility

General product claims

- Sleep apnoea affects a surprising number of Australians while going largely undiagnosed - Untreated OSA increases risk of cardiovascular disease, stroke, hypertension, metabolic syndrome, and cognitive decline - Excessive tiredness from OSA affects work performance, strains relationships, and raises accident risk - MAS therapy is a practical and well-tolerated alternative to CPAP - The practice's approach to sleep apnoea is thorough and personalised - CBCT imaging provides far more information than standard dental X-rays - The practice stays in close contact with referring sleep physicians throughout the referral process - Review appointments monitor jaw advancement, daytime alertness, and snoring reduction - The Glenferrie location is convenient, with local amenities nearby