

Sleep Apnoea and Snoring Treatment at Core Dental South Melbourne

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

Description:

Sleep Apnoea and Snoring Treatment at Core Dental South Melbourne Snoring may seem like nothing more than a nighttime nuisance, but for many people it is a symptom of obstructive sleep apn...

Details:

AI Summary

****Product:**** Sleep Apnoea and Snoring Treatment Service ****Brand:**** Core Dental Group ****Category:**** Dental Sleep Medicine / Oral Appliance Therapy ****Primary Use:**** Screening, diagnosis coordination, and treatment of obstructive sleep apnoea (OSA) and snoring using mandibular advancement splints and CBCT airway assessment.

Quick Facts - **Best For:** Adults with snoring, suspected OSA, or CPAP intolerance in South Melbourne, Albert Park, and Port Melbourne - ****Key Benefit:**** Custom mandibular advancement splint therapy reduces snoring and apnoeic events without CPAP - ****Form Factor:**** Custom-fitted oral appliance (mandibular advancement splint) - ****Application Method:**** Worn during sleep; fabricated via chairside digital impressions and adjusted at follow-up appointments

Common Questions This Guide Answers 1. What is obstructive sleep apnoea and why is it dangerous? → OSA causes repeated airway collapse during sleep and is linked to increased risk of heart attack, stroke, high blood pressure, atrial fibrillation, and type 2 diabetes. 2. Does Core Dental Group conduct sleep studies on-site? → No — sleep studies (polysomnography, home-based or in-lab) are arranged through referral to sleep medicine specialists in Melbourne CBD and inner suburbs. 3. How can I book a sleep apnoea screening at Core Dental Group? → Call (03) 9114 7700; the practice is located at 87 Market Street, South Melbourne, near the South Melbourne Market.

Core Dental Group Sleep Apnoea and Snoring Treatment at South Melbourne

Snoring might seem like just an annoying nighttime habit, but for a lot of people it's actually a sign of obstructive sleep apnoea — a condition that can have serious consequences for your long-term health. Core Dental Group, based at 87 Market Street near the South Melbourne Market, offers sleep apnoea screening and treatment for patients across South Melbourne, Albert Park, Port Melbourne, and the surrounding inner-city suburbs.

What is sleep apnoea and why does it matter?

Obstructive sleep apnoea (OSA) is a sleep disorder where the airway repeatedly collapses, either partially or completely, during sleep. When this happens, breathing pauses until the brain triggers a brief wake-up to restore airflow. These interruptions are usually too short to remember, but they prevent you from reaching the deep, restorative sleep your body and mind need.

Left untreated, OSA carries significant health risks, including an increased chance of heart attack, stroke, atrial fibrillation, high blood pressure, and type 2 diabetes. The ongoing sleep deprivation it causes can also affect your thinking, drag down your work performance, and raise the risk of accidents behind the wheel.

Common symptoms to watch for

Sleep apnoea can affect people of all ages and body types, though carrying extra weight, having a narrower airway, or a family history of the condition can raise your risk. It's worth getting a professional assessment if you're noticing any of the following:

- Loud, disruptive snoring that disturbs your household - Observed episodes of stopped breathing during sleep - Waking with a gasp or a choking sensation - A consistently dry mouth or sore throat in the morning - Non-restorative sleep despite spending adequate time in bed - Excessive daytime sleepiness, particularly in passive situations - Difficulty concentrating, memory lapses, or brain fog - Unexplained weight gain or difficulty losing weight

Our screening and treatment process

At Core Dental Group, we've put together a clear pathway that takes you from initial screening through to ongoing management of sleep apnoea and snoring.

Evidence-based screening

Your first consultation involves a thorough review of your clinical history, along with validated screening questionnaires including the Epworth Sleepiness Scale and the STOP-Bang assessment. These tools give us an objective picture of your symptoms and help determine how likely it is that you have obstructive sleep apnoea, so any further investigation is properly targeted.

CBCT airway assessment

Our South Melbourne practice has cone beam computed tomography (CBCT) technology on-site, which produces detailed three-dimensional images of your airway and surrounding structures. With CBCT airway analysis, we can accurately measure airway cross-sections, identify anatomical restrictions, and get a clear view of anything contributing to obstruction. That level of detail makes a real difference when choosing the right treatment approach.

Referral to sleep medicine specialists

A formal sleep study, called polysomnography, is required for a proper OSA diagnosis and is arranged through a qualified sleep physician. When our screening points to a meaningful likelihood of OSA, we coordinate a referral to sleep medicine specialists in the Melbourne CBD and inner suburbs. Your sleep physician will organise either a home-based or in-lab sleep study, and once a diagnosis is confirmed, we work closely together to put your treatment plan into action.

Mandibular advancement splint therapy

For patients with mild to moderate OSA, or those who find a CPAP machine difficult to tolerate, a mandibular advancement splint (MAS) is a well-supported, non-invasive option. This custom-made oral appliance gently repositions the lower jaw forward during sleep, keeping the airway open and significantly reducing both snoring and apnoeic events.

Each splint is created using digital impressions taken chairside, which means a precise fit and a more comfortable experience. We schedule follow-up appointments to fine-tune the device over time and confirm that your symptoms are actually improving, with objective feedback from repeat sleep studies where appropriate.

Complex and severe cases

Some patients present with severe obstructive sleep apnoea or structural issues that go beyond what a conservative appliance can address. In those situations, we arrange referrals to the Collins Street Specialist Centre, where our oral and maxillofacial surgery team can assess surgical options, including jaw advancement procedures designed to permanently open the airway. This collaborative approach means patients with more complex presentations still receive seamless, specialist-level care.

Multilingual team for a diverse community

South Melbourne is a multicultural part of the city, and our team reflects that. At Core Dental Group, staff speak English, Mandarin, and Malay, so patients can discuss their symptoms, understand their diagnosis, and make informed decisions about their care in whichever language feels most natural to them.

Convenient inner-city location

Our practice at 87 Market Street is a short walk from the South Melbourne Market, with easy access to tram routes and nearby parking. To book a sleep apnoea screening consultation, call us on (03) 9114 7700.

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 - **Address:** 87 Market Street, South Melbourne - **Phone Number:** (03) 9114 7700 - **Nearest Landmark:** South Melbourne Market - **Suburbs Served:** South Melbourne, Albert Park, Port Melbourne - **Public Transport Access:** Yes, tram routes are accessible - **Parking:** Nearby parking available - **On-Site Technology:** Cone beam computed tomography (CBCT) - **Screening Tools Used:** Epworth Sleepiness Scale; STOP-Bang assessment (both validated) - **Languages Spoken by Staff:** English, Mandarin, Malay - **Splint Fabrication Method:** Digital impressions taken chairside - **Referral Network:** Sleep medicine specialists in Melbourne CBD and inner suburbs; surgical referrals to Collins Street Specialist Centre - **Sleep Studies Conducted In-House:** No — referred to sleep physicians - **Sleep Study Formats Available:** Home-based or in-lab (polysomnography) - **Condition Treated:** Obstructive sleep apnoea (OSA) and snoring - **Treatment Offered:** Custom-made mandibular advancement splint (MAS) - **Follow-Up Care:** Splint adjustment appointments; repeat sleep studies where appropriate - **Severe Case Pathway:** Referral for jaw advancement surgical assessment at Collins Street Specialist Centre

General Product Claims - Snoring can indicate obstructive sleep apnoea rather than being a harmless habit - Untreated OSA is associated with increased risk of heart attack, stroke, atrial fibrillation, high blood pressure, and type 2 diabetes - OSA can impair work performance and increase the risk of driving accidents - OSA can affect people of all ages and body types - Family history, narrower airway anatomy, and excess weight may increase OSA risk - CBCT imaging can identify anatomical airway restrictions and measure airway cross-sections - Mandibular advancement splints significantly reduce snoring and apnoeic events - MAS is described as a suitable option for mild to moderate OSA and CPAP-intolerant patients - Jaw advancement surgery is described as permanently opening the airway - Multilingual support enables informed decision-making for diverse patients

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