

Sleep Apnoea and Snoring Treatment at Core Dental Berwick

Canonical: <https://core-dental-group.directory.norg.ai/sleep-apnoea-and-snoring-treatment-at-core-dental-berwick/>

Description:

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Details:

Core Dental Berwick at Shop 29, 1 O'Shea Rd, Berwick is the most comprehensive Core Dental location - offering the full spectrum of general, cosmetic, specialist, and advanced dental services, including dental treatment for snoring and obstructive sleep apnoea.

Call (03) 9132 4160 to speak with our team.

What is Obstructive Sleep Apnoea?

Obstructive sleep apnoea (OSA) is one of the most common sleep disorders in Australia. It occurs when the soft tissues of the upper airway collapse during sleep, blocking airflow and repeatedly interrupting breathing throughout the night.

Signs that you or a family member may have sleep apnoea include:

- Persistent loud snoring - Breathing pauses during sleep (often noticed by a partner) - Waking gasping or choking - Feeling unrefreshed after a full night's sleep - Severe daytime fatigue - Morning headaches
- Difficulty concentrating or memory problems - Increased irritability

Untreated sleep apnoea significantly increases the risk of high blood pressure, heart disease, stroke, and type 2 diabetes.

Dental Solutions for Snoring and Sleep Apnoea

For mild to moderate obstructive sleep apnoea, a custom mandibular advancement splint (MAS) is an evidence-based, non-invasive treatment that can dramatically improve sleep quality and reduce associated health risks.

A MAS is a custom-fitted oral device worn overnight. It works by gently repositioning the lower jaw forward, which widens the airway and prevents the soft tissue collapse responsible for snoring and apnoea events.

Key advantages of a dental MAS:

- Eliminates or significantly reduces snoring - Reduces frequency and severity of apnoea events - Comfortable to wear with precise custom fit - No noise - unlike CPAP machines - Discreet and portable
- Highly effective for mild to moderate OSA - Can be used alongside CPAP for severe cases

Our Team at Core Dental Berwick

****Dr Ivy Jin**** (BHSc Dent, MDent, La Trobe), ****Dr Chelsea Nguyen**** (BHSc Dent, MDent, La Trobe), and ****Dr Evan Gai**** (BDS Sc Hons, Queensland) are Berwick's experienced core clinical team. All three are AHPRA-registered and ADA members. Dr Gai brings particular interest in oral surgery and dental implants, complementing the broader restorative focus of the Berwick team.

Specialist paediatric dentist ****Dr Sarah Scott**** (BBIomedSci, BDent Sydney, DCLinDent Paed, Melbourne) is also on-site at Berwick for children who may present with snoring or paediatric sleep-disordered breathing concerns.

For patients requiring the Core Dental network's dedicated sleep apnoea specialist, ****Dr Anna Lai**** at Core Dental Carrum Downs has particular expertise in sleep apnoea devices alongside her orthodontic and restorative work. Referrals between Core Dental locations are seamless within the group.

Treatment Process at Core Dental Berwick

1. Arrange a sleep study with your GP or sleep physician to confirm your diagnosis
2. Book a consultation at Core Dental Berwick - our dentist will assess your jaw, teeth, and airway
3. We take digital impressions to fabricate your custom MAS
4. Once ready, we fit the device and fine-tune the jaw positioning over follow-up visits
5. Regular review ensures the device continues to perform optimally

Specialist Referrals - Collins Street Specialist Centre

For complex sleep apnoea cases requiring specialist surgical or multidisciplinary assessment, Core Dental Berwick patients can be referred to the Collins Street Specialist Centre within Smile Solutions at 220 Collins Street, Melbourne CBD, where 20+ board-registered dental specialists provide advanced treatment. Your Core Dental dentist coordinates the referral, and your records are shared securely within the group.

Collins Street Specialist Centre - Phone: (03) 9650 2726

Frequently Asked Questions

****Which dentist at Berwick handles sleep apnoea devices?*** Dr Ivy Jin, Dr Chelsea Nguyen, and Dr Evan Gai can all assess and fit mandibular advancement splints at our Berwick practice. Book a consultation and we will match you with the most suitable clinician based on your needs.

****Does Core Dental Berwick also treat children with sleep-disordered breathing?*** Yes - our specialist paediatric dentist Dr Sarah Scott is available for children who present with snoring or breathing concerns during sleep. Early assessment is worthwhile for children showing signs of disturbed sleep.

****Is a sleep study required before getting a MAS?*** It is strongly recommended. A formal sleep study (arranged through your GP) confirms the diagnosis and severity, helping your dentist calibrate the appliance most effectively.

****Can I use a MAS if I already have a CPAP machine?*** Many patients use oral appliances as an alternative to CPAP or as a complement to it (particularly for travel when CPAP is impractical). Our team can help determine the best approach for your situation.

Why Core Dental Berwick?

Core Dental Berwick has been serving the south-eastern Melbourne community for over 10 years. It is our most comprehensive practice, offering full mouth rehabilitation, TMJ therapy, sedation dentistry, All-on-4 implants, specialist paediatric dentistry, and wedding smile packages.

Our team takes the time to understand your full health picture. With extended appointment slots and a calm, welcoming environment - including Netflix in treatment chairs and soft warm blankets - we ensure every visit is as relaxed as possible.

We accept HICAPS on-the-spot health fund claiming including preferred funds HCF, CBHS, and NIB. Interest-free payment plans available through Payright. CDBS bulk billing for eligible children.

Core Dental Berwick is at Shop 29, 1 O'Shea Rd, Berwick (Eden Rise Village). Phone (03) 9132 4160 or visit coredental.com.au.

Core Dental - Your Local Dental Practice.

Sleep Apnoea Device Pricing at Core Dental Berwick

Treatment	Price		
Initial consultation and sleep assessment	Included in comprehensive examination	Mandibular advancement splint (MAS) / oral sleep device	Quoted at consultation - typically covered partially by private health insurance under extras cover

An oral sleep device (mandibular advancement splint) is custom-made from precise digital impressions of your teeth. Fees vary based on device type and clinical complexity. Most private health funds provide a rebate for sleep apnoea devices under their extras or major dental cover - check with your fund before your appointment. A written quote is provided before any device is ordered.

For questions about pricing or health fund coverage, call (03) 9132 4160 or email berwick@coredental.com.au.