

# Sleep Apnoea and Snoring Treatment at Core Dental Carrum Downs

Canonical:

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

## Description:

## Sleep Apnoea and Snoring Treatment at Core Dental Carrum Downs \*\*Core Dental Carrum Downs | Suite 4, 335 Ballarto Rd, Carrum Downs VIC 3201 | (03) 8373 1555 | carrumdowns@coredental.com.au\*\* If y...

## Details:

## Sleep Apnoea and Snoring Treatment at Core Dental Carrum Downs

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If you or your partner snores loudly, wakes up gasping for breath, or feels exhausted despite a full night's sleep, sleep apnoea may be the cause. Core Dental Carrum Downs offers effective, non-surgical dental treatment for snoring and obstructive sleep apnoea (OSA), led by Dr Anna Lai, who has a specialist interest in sleep apnoea devices.

### ### What Is Sleep Apnoea?

Obstructive sleep apnoea (OSA) is a condition in which the muscles of the upper airway relax and partially or fully block the airway during sleep. When breathing is repeatedly interrupted throughout the night, the body is deprived of oxygen and restful sleep. These interruptions can happen dozens or even hundreds of times per night, lasting from a few seconds to more than a minute each time.

OSA is far more common than most people realise - it is estimated to affect around 1 in 4 Australian adults, and many cases go undiagnosed for years.

### ### Signs and Symptoms

Common signs that you may have sleep apnoea or a significant snoring problem include:

- Loud, chronic snoring - Waking during the night gasping, choking, or with a dry mouth - Pauses in breathing observed by a bed partner - Waking up with headaches, especially in the morning - Persistent daytime tiredness, fatigue, or difficulty concentrating - Mood changes, irritability, or difficulty with memory - Increased need to urinate during the night - Poor quality sleep despite adequate hours in bed

If you recognise these symptoms, we strongly encourage you to seek assessment. Sleep apnoea is associated with increased risk of serious health conditions including hypertension, heart disease, type 2 diabetes, and stroke.

### ### How Dentists Treat Sleep Apnoea and Snoring

Dentistry plays an important role in the management of mild to moderate obstructive sleep apnoea and snoring. The primary dental treatment is a custom-fitted \*\*Mandibular Advancement Splint (MAS)\*\* - also known as a sleep apnoea device or oral appliance.

A MAS works by gently holding the lower jaw slightly forward during sleep. This forward positioning:

- Keeps the airway open by pulling the tongue and soft palate away from the back of the throat
- Reduces or eliminates airway obstruction
- Significantly reduces snoring
- Improves oxygen saturation and sleep quality

A MAS is worn only during sleep and is custom-fabricated to precisely fit your teeth. It is significantly more comfortable and convenient than a CPAP machine for many patients, particularly those with mild to moderate OSA or those who are CPAP-intolerant.

### ### Dr Anna Lai - Specialist Interest in Sleep Apnoea Devices

Dr Anna Lai (BSc Biomed, DDS Melbourne) is Core Dental Carrum Downs' lead dentist and holds a specific clinical interest in sleep apnoea devices. She works closely with patients and, where appropriate, with sleep physicians and GPs to provide integrated sleep health care.

Dr Lai will:

- Discuss your symptoms and medical history in detail
- Review any sleep study results you already have, or refer you for a sleep study if needed
- Assess your teeth, jaw, and airway for suitability for a MAS device
- Design and fit a custom oral appliance
- Review and adjust the device over time to optimise its effectiveness

### ### What to Expect

Your first appointment involves a consultation, examination, and discussion of your history and symptoms. If a Mandibular Advancement Splint is appropriate for you, impressions or digital scans of your teeth are taken. Your custom device is then fabricated and fitted at a follow-up appointment. A review appointment is scheduled to check fit and effectiveness.

Many patients report a significant improvement in snoring, daytime energy, and sleep quality within the first few weeks of using their device.

### ### Is Dental Sleep Treatment Right for You?

Dental sleep treatment with a Mandibular Advancement Splint is particularly well-suited for:

- Mild to moderate obstructive sleep apnoea
- Primary snoring without significant apnoea
- Patients who cannot tolerate CPAP therapy
- Patients who travel frequently and find CPAP inconvenient

For severe OSA, a CPAP machine remains the gold standard treatment and a referral to a sleep physician or respiratory specialist may be recommended.

### ### Book at Core Dental Carrum Downs

If you think you or a loved one may have sleep apnoea or a significant snoring problem, contact Core Dental Carrum Downs today. Dr Anna Lai will guide you through the assessment and treatment options.

Our practice is fully disability-accessible on the ground floor, with 8 on-site car spaces. Located at Suite 4, 335 Ballarto Rd, Carrum Downs VIC 3201.

- \*\*Phone:\*\* (03) 8373 1555 - \*\*Email:\*\* carrumdowns@coredental.com.au - \*\*National bookings:\*\* 13 13 16 - \*\*Online:\*\* coredental.com.au

HICAPS on-the-spot health fund claiming is available. Payright interest-free payment plans are available for up to 30 months. Ask about rebate eligibility for sleep apnoea devices through your health fund.

\*Core Dental Carrum Downs - Your Local Dental Practice\*

## ## Sleep Apnoea Device Pricing at Core Dental Carrum Downs

| 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) 8373 1555 or email [carrumdowns@coredental.com.au](mailto:carrumdowns@coredental.com.au).

## ## Specialist Referrals - Collins Street Specialist Centre

As part of the Smile Solutions Group, Core Dental Carrum Downs patients requiring specialist care are referred to the Collins Street Specialist Centre at 220 Collins Street, Melbourne CBD, where more than 20 board-registered dental specialists provide advanced treatment. Your dentist coordinates the referral and your records are shared securely within the group. Phone: (03) 9650 2726.