

Sleep Apnoea and Snoring Treatment at Core Dental Epping

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

Description:

Sleep Apnoea and Snoring Treatment at Core Dental Epping Core Dental Epping at Tenancy 3B/230 Cooper St, Epping offers dental solutions for snoring and obstructive sleep apnoea (OSA). Our experienc...

Details:

Core Dental Epping at Tenancy 3B/230 Cooper St, Epping offers dental solutions for snoring and obstructive sleep apnoea (OSA). Our experienced clinical team can assess your suitability for a custom oral appliance and work alongside your GP or sleep physician for a coordinated approach to better sleep.

For patients seeking the Core Dental network's dedicated sleep apnoea specialist, ****Dr Anna Lai**** at Core Dental Carrum Downs specialises in sleep apnoea devices and oral appliance therapy - she accepts referrals from across the group.

Call (03) 9401 4622 to book at Core Dental Epping.

Understanding Sleep Apnoea

Obstructive sleep apnoea occurs when the upper airway repeatedly narrows or collapses during sleep, interrupting normal breathing. It affects a significant proportion of adults and is often undiagnosed for years.

Common warning signs include:

- Loud snoring that disturbs your partner
- Gasping, choking, or pausing of breath during sleep (often noticed by a bed partner)
- Waking feeling unrefreshed
- Excessive daytime sleepiness
- Morning headaches
- Poor concentration or memory
- Mood changes or irritability

Sleep apnoea carries serious long-term health risks including cardiovascular disease, hypertension, stroke, and metabolic disorders.

How Dentistry Can Help

For mild to moderate obstructive sleep apnoea, a custom mandibular advancement splint (MAS) is a clinically proven dental treatment. A MAS is a small, custom-fitted oral appliance worn during sleep that gently advances the lower jaw to keep the airway open.

Benefits of a MAS include:

- Reduction or elimination of snoring
- Fewer apnoea events per hour of sleep
- Improved sleep quality and daytime alertness
- No mask or machine required
- Portable and travel-friendly
- Suitable for patients who cannot tolerate CPAP

Our Team at Core Dental Epping

The Epping team includes **Dr Alysha Soltys** (BSc, DDS, Melbourne), who has been with Core Dental since 2014 with a strong preventive focus, **Dr Marina Ghobrial** (BHSc Dent, MDent, La Trobe), who is highly praised for her patient-centred approach to nervous patients, and **Dr Maria Blanchard** (BDC), who speaks Spanish alongside English and brings broad clinical experience from Venezuela and Australia.

For patients who would benefit from specialist sleep apnoea expertise, **Dr Anna Lai** at Core Dental Carrum Downs has a particular focus on sleep apnoea and snoring devices alongside her orthodontic and restorative work. Referrals between locations within the Core Dental group are seamless.

Getting Started

The first step is a consultation with your GP or sleep physician to arrange a sleep study. Once you have a diagnosis, Core Dental Epping can assess your dental and jaw anatomy and fit a customised oral appliance.

We will take precise digital impressions to fabricate a device that fits your teeth comfortably, then calibrate the jaw position over follow-up visits for the best outcome.

Specialist Referrals - Collins Street Specialist Centre

For complex sleep apnoea cases requiring surgical airway intervention or specialist multidisciplinary assessment, Core Dental Epping 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

Can a dentist treat sleep apnoea? Yes - dentists are trained to provide oral appliance therapy (mandibular advancement splints) which is a first-line treatment for mild to moderate obstructive sleep apnoea. A medical diagnosis is recommended first.

Will my health fund cover a sleep apnoea device? Many health funds with major dental cover provide a rebate toward custom-fitted oral appliances. Check with your fund or speak to our team. HICAPS on-the-spot claiming is available at Core Dental Epping.

How long does it take to adjust to wearing an oral appliance? Most patients adjust within 2 to 4 weeks. Initial jaw stiffness or excess salivation is normal and resolves as you adapt. Follow-up visits ensure the fit and jaw position are optimised.

What if I have severe sleep apnoea? Severe obstructive sleep apnoea typically requires CPAP therapy or surgical intervention. Our team can advise and refer you to the appropriate specialist as needed.

Core Dental Epping - Advanced Technology

Core Dental Epping is equipped with CEREC same-day crown technology, digital scanning (no physical impressions), and laser dentistry capabilities. We also offer sleep dentistry (IV sedation) for patients with dental anxiety.

We accept HICAPS on-the-spot health fund claiming. Interest-free payment plans through Payright. Child Dental Benefits Schedule bulk billing for eligible children.

Core Dental Epping is at Tenancy 3B/230 Cooper St, Epping - approximately 10 minutes' walk from Epping Station. Phone (03) 9401 4622 or visit coredental.com.au.

Core Dental - Your Local Dental Practice.

Sleep Apnoea Device Pricing at Core Dental Epping

| 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) 9401 4622 or email epping@coredental.com.au.