

# Sleep Apnoea and Snoring Treatment at Core Dental Wyndham

Canonical:

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

## Description:

# Sleep Apnoea and Snoring Treatment at Core Dental Wyndham Core Dental Wyndham at 242 Hoppers Ln, Werribee offers dental solutions for snoring and obstructive sleep apnoea (OSA). Our team - includin...

## Details:

Core Dental Wyndham at 242 Hoppers Ln, Werribee provides dental solutions for snoring and obstructive sleep apnoea (OSA). Lead dentist Dr Darren Manoharan and our experienced clinical team can assess your suitability for a custom mandibular advancement splint (MAS) and help you achieve better, more restorative sleep.

For patients seeking our network's dedicated sleep apnoea specialist, Dr Anna Lai at Core Dental Carrum Downs specialises in sleep apnoea devices alongside her orthodontic and restorative work - she accepts referrals from across the Core Dental network.

Call us on (03) 9749 6677 to book your consultation.

### ## What is Obstructive Sleep Apnoea?

Obstructive sleep apnoea is a serious sleep disorder in which the throat muscles relax during sleep and partially or fully block the airway. Breathing stops and restarts repeatedly throughout the night, often without the person being aware.

Common signs include:

- Loud, persistent snoring
- Gasping or choking during sleep
- Waking unrefreshed despite a full night's sleep
- Daytime fatigue and difficulty concentrating
- Morning headaches
- Irritability or mood changes

Left untreated, sleep apnoea is associated with high blood pressure, cardiovascular disease, type 2 diabetes, and increased accident risk due to daytime sleepiness.

### ## Dental Treatment for Sleep Apnoea

For mild to moderate obstructive sleep apnoea, a custom mandibular advancement splint (MAS) is a highly effective, non-invasive treatment option. Also known as a sleep apnoea device, oral appliance, or night splint, a MAS works by gently positioning the lower jaw slightly forward during sleep. This keeps the airway open, reduces or eliminates snoring, and prevents the soft tissue collapse that causes apnoea events.

A dental MAS is:

- Custom-made to precisely fit your teeth and jaw
- Comfortable and easy to wear
- Portable - ideal for travel
- Quiet - no machine or mask required
- An excellent alternative or complement to CPAP therapy

### ## Do I Need a Diagnosis First?

Yes. A formal diagnosis from a sleep physician or GP is recommended before dental treatment begins. Your doctor may arrange a sleep study (polysomnography or home sleep test) to confirm the type and severity of your sleep apnoea.

Once diagnosed, Core Dental Wyndham can work alongside your medical team to fit and calibrate your oral appliance for optimal results.

## ## Our Team

Lead dentist **Dr Darren Manoharan** (BDS, Queensland) brings over 15 years of clinical experience in complex restorative dentistry, occlusion, and general dental care. His expertise in bite function and jaw anatomy is directly relevant to the assessment and fitting of mandibular advancement splints for sleep apnoea and snoring.

Core Dental Wyndham is also the only Core Dental location with an on-site **specialist periodontist, Dr Nupur Kataria** (BDS, DClintDent Periodontics, FRACDS). While Dr Kataria's specialty is in gum health and periodontal disease, her expertise in oral anatomy and jaw structures complements the multidisciplinary care available at Wyndham for patients with complex oral health needs.

For patients who require more dedicated sleep apnoea specialist management, **Dr Anna Lai** at Core Dental Carrum Downs has particular expertise in sleep apnoea and snoring devices alongside her orthodontic and restorative work. Dr Lai's Carrum Downs clinic is the Core Dental network's primary centre for dental sleep medicine. Referrals between locations are seamless within the group.

## ## Specialist Referrals - Collins Street Specialist Centre

For complex sleep apnoea cases requiring specialist surgical attention, Core Dental Wyndham 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 fit oral appliances (mandibular advancement splints) that are effective for mild to moderate obstructive sleep apnoea. A formal diagnosis from your GP or sleep specialist is recommended first.

**How is a mandibular advancement splint made?** We take a precise digital scan of your teeth and jaw, which is used to custom-fabricate your splint. It is adjusted at follow-up visits until it is comfortable and effective.

**How long does it take to get used to an oral appliance?** Most patients adjust to wearing a MAS within 2 to 4 weeks. Some initial jaw discomfort or excess saliva is normal and usually resolves quickly.

**Is a MAS a good alternative to CPAP?** For many patients with mild to moderate sleep apnoea, a MAS is equally effective to CPAP and far more comfortable and convenient - particularly for travel. Your GP or sleep physician can advise on suitability.

**What if my sleep apnoea is severe?** Severe obstructive sleep apnoea typically requires CPAP therapy or surgical intervention. We can refer you to the appropriate specialist. Core Dental patients have access to the Collins Street Specialist Centre in Melbourne CBD for advanced specialist care.

## ## Book a Consultation

Core Dental Wyndham is near Pacific Werribee Shopping Centre with on-site parking. Open Monday to Friday 8:00 am - 6:00 pm and Saturdays. We accept HICAPS on-the-spot health fund claiming,

including preferred provider funds HCF, CBHS, and NIB. Interest-free payment plans are available through Payright.

Core Dental Wyndham is at 242 Hoppers Ln, Werribee. Phone (03) 9749 6677 or visit [coredental.com.au](http://coredental.com.au).

Core Dental - Your Local Dental Practice.

#### ## Sleep Apnoea Device Pricing at Core Dental Wyndham

| 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) 9749 6677 or email [wyndham@coredental.com.au](mailto:wyndham@coredental.com.au).