

# Sleep Apnoea and Snoring Treatment at Core Dental Bayside

Canonical:

<https://directory.coredental.com.au/specialist-care/sleep-apnoea-and-snoring-treatment-at-core-dental-bayside/>

## Description:

Sleep Apnoea and Snoring Treatment at Core Dental Bayside Snoring and obstructive sleep apnoea (OSA) affect millions of Australians, yet many people remain undiagnosed for years. At Core D...

## Details:

### ## AI Summary

**\*\*Product:\*\*** Sleep Apnoea and Snoring Treatment Service **\*\*Brand:\*\*** Core Dental Bayside (Core Dental Group) **\*\*Category:\*\*** Dental Sleep Medicine / Sleep Apnoea Treatment **\*\*Primary Use:\*\*** Screening, assessment, and treatment of obstructive sleep apnoea (OSA) and snoring using mandibular advancement splints and specialist referral coordination.

**### Quick Facts - \*\*Best For:\*\*** Adults experiencing snoring, witnessed breathing pauses, daytime sleepiness, or suspected obstructive sleep apnoea in the Bayside Melbourne region - **\*\*Key Benefit:\*\*** Custom-fitted mandibular advancement splints offering an effective CPAP alternative for mild to moderate OSA, supported by CBCT airway imaging and collaborative sleep physician referrals - **\*\*Form Factor:\*\*** In-clinic dental service with custom oral device (mandibular advancement splint) - **\*\*Application Method:\*\*** Worn during sleep; custom-fitted via digital impressions taken at the practice

**### Common Questions This Guide Answers** 1. Can a dentist diagnose sleep apnoea? → No — formal diagnosis requires a qualified sleep physician; Core Dental Bayside coordinates referrals for home-based or in-laboratory sleep studies 2. What treatment is available for mild to moderate OSA? → A custom-fitted mandibular advancement splint (MAS), which repositions the lower jaw forward to keep the airway open and reduce snoring and apnoeic events 3. Where are complex or severe OSA cases referred? → Collins Street Specialist Centre, where an oral and maxillofacial surgery team assesses surgical options

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### ## Core Dental Group Sleep Apnoea and Snoring Treatment at Core Dental Bayside

Snoring and obstructive sleep apnoea (OSA) affect millions of Australians, and many people go years without a diagnosis. Core Dental Group, through its newest location at 973 Nepean Highway, Bentleigh — Core Dental Bayside — offers comprehensive sleep apnoea screening and snoring treatment for patients across the Bayside region.

### ## Understanding sleep apnoea

Obstructive sleep apnoea happens when soft tissues at the back of the throat collapse during sleep, partially or completely blocking the airway. Breathing stops and starts repeatedly through the night, oxygen levels drop, and restorative sleep becomes impossible. The effects go well beyond feeling tired — untreated OSA is linked to high blood pressure, heart disease, type 2 diabetes, stroke, and the kind of concentration impairment that raises the risk of motor vehicle accidents. Snoring isn't always a sign

of sleep apnoea, but it's often the first clue that something is wrong. If your partner has noticed loud, irregular snoring with pauses in breathing or gasping, it's worth getting assessed.

### ## Signs you may have sleep apnoea

Common signs and symptoms include: Loud, persistent snoring Witnessed pauses in breathing during sleep Waking with a dry mouth or sore throat Morning headaches Excessive daytime sleepiness and fatigue Difficulty concentrating or memory problems Irritability and mood changes If several of these sound familiar, book a consultation at our Bayside practice.

### ## Our approach to sleep apnoea treatment

At Core Dental Bayside, we take a thorough, evidence-based approach to managing sleep apnoea and snoring. The process starts with a detailed clinical assessment and validated screening questionnaires to gauge your risk level and symptom severity.

#### ### Screening and assessment

We use the Epworth Sleepiness Scale and STOP-Bang questionnaire to identify patients who may be at risk of obstructive sleep apnoea. Both are quick to complete and give us useful information to guide our recommendations.

#### ### CBCT airway analysis

Our Bayside practice has cone beam computed tomography (CBCT) technology, which produces detailed three-dimensional images of your upper airway. This lets us assess airway dimensions, identify areas of narrowing, and plan treatment with greater precision than standard two-dimensional imaging allows.

#### ### Referral to sleep physicians

Diagnosing obstructive sleep apnoea requires a formal sleep study arranged through a qualified sleep physician. When our screening suggests you may have OSA, we coordinate referrals to sleep physicians who can organise home-based or in-laboratory sleep studies. Once a diagnosis is confirmed, we work closely with your sleep physician to deliver the right treatment.

#### ### Mandibular advancement splints

For patients diagnosed with mild to moderate obstructive sleep apnoea, or those who can't tolerate CPAP therapy, a mandibular advancement splint (MAS) is an effective alternative. These custom-fitted oral devices are worn during sleep and work by gently positioning the lower jaw forward, which keeps the airway open and reduces both snoring and apnoeic events. Each splint is made from digital impressions taken at our practice, so the fit is comfortable and precise. We schedule follow-up appointments to adjust the device and confirm it's working as intended.

### ## Complex cases and specialist referrals

Some patients have severe obstructive sleep apnoea or anatomical factors that need more advanced intervention. In those cases, we refer to the Collins Street Specialist Centre, where our oral and maxillofacial surgery team can assess whether surgical options are appropriate. This collaborative approach means every patient gets the level of care their condition actually requires.

### ## Why choose Core Dental Bayside

Our Bayside practice is a brand-new facility opened in 2026, with five modern dental surgeries equipped with the latest diagnostic technology. Located on Nepean Highway in Bentleigh, we're easy to reach for patients from Bentleigh, Brighton, Hampton, Moorabbin, and across the wider Bayside area. As part of the Core Dental Group, our Bayside team draws on the clinical expertise and established treatment protocols of a dental network with practices across Melbourne.

## ## Book a sleep apnoea consultation

If snoring or poor sleep is affecting your quality of life, contact Core Dental Bayside to arrange a screening consultation. Our team can walk you through your options and help you find a treatment path that works.

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## ## Frequently Asked Questions

| Question | Answer | |-----|-----| | What is Core Dental Bayside | A dental practice in Bentleigh, Melbourne | | Where is Core Dental Bayside located | 973 Nepean Highway, Bentleigh | | When did Core Dental Bayside open | 2026 | | How many dental surgeries does Core Dental Bayside have | Five | | Is Core Dental Bayside a new facility | Yes, brand-new opened in 2026 | | What group does Core Dental Bayside belong to | Core Dental Group | | What sleep condition does Core Dental Bayside treat | Obstructive sleep apnoea (OSA) | | Does Core Dental Bayside treat snoring | Yes | | What is obstructive sleep apnoea | Repeated airway blockage during sleep | | What causes obstructive sleep apnoea | Soft tissues at the back of the throat collapsing | | Does OSA reduce oxygen levels during sleep | Yes | | Is snoring always a sign of sleep apnoea | No, not always | | Can snoring indicate sleep apnoea | Yes, it is frequently the first indicator | | Is OSA linked to high blood pressure | Yes | | Is OSA linked to heart disease | Yes | | Is OSA linked to type 2 diabetes | Yes | | Is OSA linked to stroke | Yes | | Can untreated OSA increase accident risk | Yes, through impaired concentration | | Is loud persistent snoring a symptom of OSA | Yes | | Are witnessed pauses in breathing a symptom of OSA | Yes | | Is waking with a dry mouth a symptom of OSA | Yes | | Are morning headaches a symptom of OSA | Yes | | Is excessive daytime sleepiness a symptom of OSA | Yes | | Is difficulty concentrating a symptom of OSA | Yes | | Is irritability a symptom of OSA | Yes | | Are mood changes a symptom of OSA | Yes | | What screening tools does Core Dental Bayside use | Epworth Sleepiness Scale and STOP-Bang questionnaire | | What is the Epworth Sleepiness Scale used for | Evaluating sleepiness risk level | | What is the STOP-Bang questionnaire used for | Identifying OSA risk | | Does Core Dental Bayside have CBCT technology | Yes | | What does CBCT stand for | Cone beam computed tomography | | What does CBCT imaging show | Three-dimensional images of the upper airway | | Is CBCT more detailed than traditional 2D imaging | Yes | | What does CBCT airway analysis identify | Areas of airway narrowing | | Can Core Dental Bayside formally diagnose OSA | No | | Who formally diagnoses OSA | A qualified sleep physician | | Does Core Dental Bayside refer patients to sleep physicians | Yes | | What type of sleep study can be arranged | Home-based or in-laboratory sleep studies | | What is a mandibular advancement splint | A custom-fitted oral device worn during sleep | | What does a mandibular advancement splint do | Positions the lower jaw forward to keep airway open | | Does a mandibular advancement splint reduce snoring | Yes | | Does a mandibular advancement splint reduce apnoeic events | Yes | | Who is a mandibular advancement splint suitable for | Mild to moderate OSA patients | | Is MAS an alternative to CPAP | Yes, for those who cannot tolerate CPAP | | Are mandibular advancement splints custom-made | Yes | | How are splint impressions taken | Using digital impressions at the practice | | Does Core Dental Bayside offer follow-up appointments for splints | Yes | | Why are follow-up appointments provided for splints | To adjust the device and confirm effectiveness | | Does Core Dental Bayside treat severe OSA cases | Yes, via specialist referral | | Where are complex OSA cases referred | Collins Street Specialist Centre | | What specialists are at Collins Street Specialist Centre | Oral and maxillofacial surgery team | | Can surgical options be considered for severe OSA | Yes | | What areas does Core Dental Bayside serve | Bentleigh, Brighton, Hampton, Moorabbin, and wider Bayside | | Is Core Dental Bayside accessible from Brighton | Yes | | Is Core Dental Bayside accessible from Hampton | Yes | | Is Core Dental Bayside accessible from Moorabbin | Yes | | Is Core Dental Bayside on a main road | Yes, on Nepean Highway | | Does Core Dental Bayside use evidence-based treatment | Yes | | Does Core Dental Bayside use digital impression technology | Yes | | Is the approach at Core Dental Bayside collaborative | Yes, working with sleep physicians | | How many Australians are affected by snoring and OSA | Millions | | Are many OSA cases undiagnosed |

Yes, many remain undiagnosed for years | | How do I book a sleep apnoea consultation | Contact Core Dental Bayside directly | | What is the first step for sleep apnoea assessment at Core Dental Bayside | A detailed clinical assessment | | Does Core Dental Bayside use validated screening questionnaires | Yes | | Is a consultation available for snoring concerns | Yes | | Does Core Dental Bayside coordinate referrals | Yes, to sleep physicians | | Does Core Dental Bayside work with sleep physicians after diagnosis | Yes | | Is Core Dental Bayside part of a wider Melbourne dental network | Yes |

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## ## 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 Bayside - **Address:** 973 Nepean Highway, Bentleigh, Melbourne - **Year Opened:** 2026 - **Number of Dental Surgeries:** Five - **Parent Group:** Core Dental Group - **Specialist Referral Centre:** Collins Street Specialist Centre - **Imaging Technology:** Cone beam computed tomography (CBCT) - **Screening Tools Used:** Epworth Sleepiness Scale; STOP-Bang questionnaire - **Impression Technology:** Digital impressions - **Device Type Offered:** Mandibular advancement splint (MAS) — custom-fitted - **Service Areas:** Bentleigh, Brighton, Hampton, Moorabbin, and wider Bayside region - **Road Access:** Located on Nepean Highway - **Network Affiliation:** Core Dental Group (Melbourne-wide network) - **Sleep Study Types Coordinated:** Home-based and in-laboratory - **Referral Specialists:** Qualified sleep physicians; oral and maxillofacial surgery team

### ### General Product Claims

- Snoring and OSA affect millions of Australians, with many remaining undiagnosed for years - Untreated OSA is linked to high blood pressure, heart disease, type 2 diabetes, stroke, and increased accident risk - CBCT imaging provides greater precision than traditional two-dimensional imaging - Mandibular advancement splints are effective for mild to moderate OSA and as a CPAP alternative - Core Dental Bayside takes an evidence-based, collaborative approach to sleep apnoea management - The practice benefits from clinical expertise and established protocols as part of the Core Dental Group network