

7 CPAP Alternatives for Sleep Apnea Treatment at James M. Fieldhouse DDS



La Grange Park, Illinois Sep 7, 2022 ([Issuewire.com](http://www.Issuewire.com)) - As a local area dentist, James M. Fieldhouse, DDS possesses both the experience and attention to detail to help improve your health and overall well-being. Sleep apnea occurs when your upper airway muscles relax while sleeping, pinching off the airways. As a result, you are prevented from getting enough air. You experience breathing

pauses that last for 10 seconds or more each time until your body's reflexes kick in and breathing starts again. Undiagnosed, sleep apnea is linked to increased chances of developing cardiovascular and metabolic health problems. The scariest part is that you may not even know you have sleep apnea. The most common way of treating the condition is using a CPAP machine. While this therapy may be successful when applied consistently, it is over-prescribed as a solution to sleep apnea. There are alternatives to CPAP machines, and a [dentist in La Grange Park](#) working with a sleep apnea doctor can help you understand these options.

Alternatives for CPAP Machine

If you suspect you have sleep apnea, you must get to a doctor or healthcare provider for a diagnosis. The doctor will refer you to a dentist, if needed, to get an oral appliance. If you are seeking [sleep apnea treatment without CPAP](#), here are some options to consider:

1. Positional therapy – The simplest treatment choice for mild cases of OSA involves repositioning your body to alter your sleep positions, allowing more consistent airflow.

2. Weight loss – When excess weight exacerbates the oxygen deprivation arising from sleep apnea, you may be asked to reduce your weight by exercising regularly, drinking less alcohol, and eating a balanced diet.

Modification of lifestyle – Quitting smoking, reducing stress, and observing dietary changes are all potential treatment options for patients with sleep disorders.

3. Oral facial therapy – A dentist near you may perform oral-facial exercises to increase the mandibular range of motion.

Oral appliances - These range from daytime-nighttime appliances, mandibular advancement devices, tongue retention devices, and a nightguard.

4. BiPAP – Similar to CPAP, a bi-level device or BiPAP allows two kinds of pressure levels to ensure constant airflow. It is suitable for moderate sleep apnea.

5. Surgery – While considered a last resort treatment for sleep apnea, surgery can improve or reverse the symptoms.

If you are seeking sleep apnea treatment near you, talk to a highly-trained dentist in La Grange Park for advice. The [dentist near you](#) may need to work closely with a doctor specializing in the treatment and diagnosis of sleep apnea to develop an appropriate treatment plan.

Media Contact

James M. Fieldhouse DDS

peteronfieldhouse@gmail.com

708-277-6533

360 Sherwood Rd, La Grange Park, IL, 60526

Source : James M. Fieldhouse DDS

[See on IssueWire](#)