

## Chicago, IL Dentist Offers a Better Night's Sleep Through an Anti-Snoring Mouthpiece

Written by Australian Business

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CHICAGO, IL, September 14, 2013 /24-7PressRelease/ -- Snoring is more than what keeps a person's partner awake at night. This loud, noisy air exchange can keep the snorer from achieving a good night's rest. That's why Dr. Richard B. DiVerde, a Chicago, IL dentist, offers specialized anti-snoring mouthpieces to help patients realize better sleep.

What do dentistry and sleep have in common? The answer can surprise. One of the contributing factors to snoring is a lack of muscle tone in the throat. When the throat and tongue are too relaxed, they obstruct the airway. When a person exhales and the tongue blocks the airway, snoring results.

Dental professionals like Dr. DiVerde, a Chicago sleep dentist, can fit patients for an anti-snoring mouthpiece. The mouthpiece helps to stabilize the tongue to prevent it from blocking the airway. Also, the added padding from the mouthguard helps to relax the jaw, which opens the throat and helps to reduce airway restriction.

The anti-snoring mouthpiece Chicago dentist Dr. DiVerde prescribes closely resembles a sports mouthguard. However, the device is uniquely designed for keeping the airway slightly open. Dr. DiVerde will custom-fit the mouthpiece for your teeth and bite. Dr. DiVerde is a member of The Sleep Disorder Dental Society and has been in dental practice since 1984.

While anti-snoring mouthguards may be sold in an over-the-counter fashion, the only mouthguards the FDA has approved are those sold in a dentist's office and prescribed by a dentist. Because snoring can indicate a more serious problem, such as obstructive sleep apnea, a sleep apnea dentist like Chicago's Dr. DiVerde must evaluate a patient's condition to ensure an anti-snoring mouthpiece is the best approach.

"Snoring is more than just a noise concern," says Dr. DiVerde, a sleep apnea dentist in Chicago, IL. "Long-term snoring can strain the heart, interrupt breathing and interfere with a good night's rest, which affects a person's job performance."

Patients with chronic snoring problems often have a condition called obstructive sleep apnea (OSA) where the body stops breathing for short time intervals. This can be a dangerous occurrence because stopping breathing starves the body's tissues of oxygen. This includes reduced airflow to the brain and heart, damaging them over time. Sleep disorders such as sleep apnea are associated with conditions such as high blood pressure, diabetes and depression.

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"Because the anti-snoring mouthguard is customized to patients' teeth, they are able to more easily adjust to wearing the mouthguard," Dr. DiVerde explains. "Patients are amazed at how much better they can sleep."

For more information on how you can relieve snoring with an anti-snoring mouthpiece, contact Dr. DiVerde's Chicago, IL dentist office at (312) 263-7822. Dr. DiVerde's office is located at 30 N. Michigan Avenue, Suite 1405 in Chicago. For more information on service he provides, visit his website at [www.diverdedental.net](http://www.diverdedental.net).

About DiVerde Dental Studio: Dr. Richard DiVerde has been practicing in general dentistry since 1984. He has had advanced training in endodontics (root canals) and oral surgery. Dr. DiVerde is a member of the Sleep Disorder Dental Society and treats snoring and sleep apnea with non-surgical appliance therapy. Dr. DiVerde and his staff attend many hours of continuing education yearly through the American Dental Association and Academy of General Dentistry sponsored classes. Along with Drs. Gallagher, Cinqui, Amigoni and Witkowski, Dr. DiVerde offers a variety of services including dental implants, veneers, teeth whitening and Chicago anti-snoring devices.

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