

YAKIMA, WA, September 19, 2013 **/24-7PressRelease/** -- Dr. Reep is a dentist specially trained in the field of snoring and sleep apnea in Yakima. Known as "Sleep Medicine Dentists," these professionals are duly certified to perform general dentistry as well as treat sleep related disorders.

During sleep, the tongue can sometimes become too relaxed and can collapse into the back of the throat, causing the airway to become narrow. The snoring sound is actually the vibrations of the uvula and soft palate as the narrowed band of air passes through the mouth. Though snoring alone is not dangerous, it can be an embarrassing social issue.

Sleep Apnea--also known as Obstructive Sleep Apnea or OSA--occurs when breathing stops completely for about 10 to 20 seconds during sleep due to narrowing of the airway. Eventually, the brain sends a signal to gasp for air, often causing the sufferer to be awakened. This pattern can repeat itself hundreds of times in a single night, resulting in a severely disrupted sleep cycle.

Yakima sleep apnea can be classified as mild, moderate and severe. Severe sleep apnea is typically treated with a CPAP machine. An acronym for Continuous Positive Airway Pressure, CPAP is an air compressor that requires the patient to wear a mask covering the face. The airflow from the machine forces the tongue and soft palate to remain in a position that does not cause airway obstruction.

Because sleep apnea is considered to be a medical condition, a physician will perform a sleep study and make the initial diagnosis. The doctor will then recommend either an oral appliance or CPAP therapy and will refer the patient to a sleep medicine dentist.

For mild to moderate sleep apnea or for snoring without apnea, oral appliances are usually the first line of treatment. Dr. Reep, a Yakima, WA dentist, is the best expert to prescribe sleep apnea treatment in Yakima because they are experts on the mechanisms of the teeth, jaw and palate.

Similar to an orthodontic device or sports mouth protector, apnea appliances are custom made by the dentist. Different oral appliances address different issues with the tongue and soft palate, and the appliance the Yakima sleep apnea dentist chooses depends on the patient's unique circumstance and needs. Impressions are taken of the patient's mouth to create a precision-fitted oral appliance, and Dr. Nic Reep, a Yakima dentist, as well as the patient's

Yakima Dentist is Now Treating Sleep Apnea

Written by Australian Business

medical doctor, monitors progress.

For more information on sleep apnea or to schedule an appointment for a consultation, contact the Yakima dentist Dr. Reep at (509) 248-0986. You can also visit his website at: <http://www.reepfamilydental.com/>

About Reep Family Dental: Dr. Nic Reep first moved to Yakima in 1996 to place soccer for the Yakima Reds and marry his wife, Lesley. Through his wife he was exposed to dentistry, which sparked his interest in all components of being a dentist in Yakima, WA. After receiving a BA in Biology from CWU, Dr. Reep accepted an invitation to Indiana University School of Dentistry, where he graduated in 2004 with his DDS degree. Since graduating, Dr. Reep has enhanced his skills and knowledge through many postgraduate courses. In addition to general dentistry, Dr. Reep excels in cosmetic veneers, low anxiety dentistry, esthetic implant restorations, sleep apnea and snoring treatments in Yakima, compassion for his patients and high quality dentistry.

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