

Brar Dentistry Keeps Sleepy Hollow Sleeping Soundly With Sleep Apnea Treatment

Written by Australian Business

SLEEPY HOLLOW, IL, September 29, 2013 /**24-7PressRelease**/ -- Sleep apnea is a condition in which a person stops breathing while sleeping, often dozens of times. The pauses in breath are called apneas. One of the most common symptoms of sleep apnea is the notoriously unpleasant snoring. Snoring causes night disturbances for others and sometimes for the person who snores. Other symptoms include sleep disturbances and drowsiness during the day.

One of the easiest ways to combat sleep apnea is to get fitted for an oral appliance by a trained provider. Dr. Brar is a highly skilled general dentist with the experience required to treat patients with sleep apnea in Sleepy Hollow.

"Many people want to treat sleep apnea to stop snoring," said Dr. Brar, Sleepy Hollow dentist. "Snoring is a nuisance and concern for many, but sleep apnea is so much more problematic. It is shown to increase the risk of high blood pressure and cause other complications depending on the overall health of the patient."

Sleep apnea therapy is a simple process. An oral appliance is made to fit the patient's mouth. The oral appliance is worn while sleeping to properly position the lower jaw and tongue. Sleep apnea can happen at any age but research has shown it affects smokers, males and individuals who are overweight or over 40 most often. For patients who smoke, quitting and getting fitted for an oral appliance will help immensely.

Dr. Brar has practiced dentistry for more than two decades. In addition to sleep apnea treatment, his Sleepy Hollow practice offers comprehensive general dentistry. His services include cleanings, fillings, root canals, implants, whitening, veneers, bonding, crowns, bridges, laser therapy, dentures, extractions, sealants, Invisalign, orthodontics and cosmetic contouring. He has two other practices in Illinois, one in Elgin and one in South Elgin.

For more information on sleep apnea therapy or the other services Dr. Brar offers, patients in Sleepy Hollow can visit his website at <http://www.brardentistry.com> or contact the office directly at 847-836-8400. Patients interested in the other offices can contact 847-695-8400 (Elgin) or 630-883-0200 (South Elgin).

About Rick Brar, DMD: Dr. Rick Brar graduated from the University of Washington, St Louis. After obtaining his Doctor of Dental Medicine, Dr. Brar continued his education to receive advanced training in IV Sedation Dentistry and implants. He is also trained in orthodontics. Dr.

Brar Dentistry Keeps Sleepy Hollow Sleeping Soundly With Sleep Apnea Treatment

Written by Australian Business

Brar continues to enhance his knowledge every year to stay informed and provide the best possible dentistry to his patients.

Media Contact: Dr. Rick Brar Brar Dentistry- Sleepy Hollow contactus@brardentistry.com 1053
W. Main Street Sleepy Hollow, IL 60118 847-836-8400
<http://www.brardentistry.com>

As seen on: <http://www.epressdistribution.com/news.asp?id=2891>

Read more Press Releases from Dr. Rick Brar: