

**MELBOURNE
DENTAL
CLINIC**



tired
of
being
tired?

**Imagine a good
night's sleep.**

Melbourne
Teaching
Health Clinics



SNORING AND SLEEP DENTAL SERVICE

A good night's sleep is gold

Sleep apnoea used to be considered a bit of a nuisance. After all, sharing a bedroom with someone who sounds like a bear in hibernation is not much fun!

But apnoea can be the cause of more serious health problems like heart arrhythmias, weight gain, extreme daytime fatigue and headaches.

CPAP machines cannot be tolerated by everyone. Now there is a comfortable alternative.

Snoring and Sleep Apnoea Mouthguard

It's a customised dental appliance fitted by a dentist that gently moves the jaw forward keeping the throat open and costs around the same as a CPAP machine.

For more information visit: dental.mthc.com.au/sleep-clinic

Our 5 STEP Process

If you are just starting to look at options for helping with snoring just follow our easy five step process to find out the best option for you.

CONTACT US

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