



Anti-Snoring Treatment

The sound of snoring tends to be most disturbing to a bed partner but it can actually be a sign of something more serious.

Treatment

We can prescribe a special dental appliance that prevents the airways from collapsing during sleep. We are able to recommend a range of solutions to treat your snoring.

Cost | From \$400 for Dental Appliances

Medical rebates and Healthcare cover may cover some of the costs associated with treatment for snoring.

Risks & Impacts

Snoring occurs frequently in women especially during pregnancy and after menopause. Obesity, nasal obstruction, alcohol and smoking all increase the risk of snoring.

Loud and frequent snoring can be a sign of something serious like obstructive sleep apnea. Sleep apnea is when a person's airways repeatedly become partially or totally blocked for about 10 seconds throughout the night. Obstructive sleep apnea can lead to heart disease, strokes or heart attacks.

Snoring can also lead to dental problems like dry mouth, also known as Xerostomia. This is when snoring reduces the salivary flow which can lead to halitosis (bad breath), burning mouth syndrome, tooth decay and gum disease.