

Sleep Well

Be well, Do well, Live well
#selfloveselfcarefirst



SPRING 2020

Greetings!

The new year started with a fresh opportunity for you to put Sleep on the top of your list of priorities.

- **World Sleep Day 2020 is March 15th.** *It is designed to raise awareness of sleep as a human privilege that is often compromised by the habits of modern life.*

You can learn more about the mission of The World Sleep Society and World Sleep Day by visiting <https://worldsleepday.org/> This year's slogan is **Better Sleep, Better Life, Better Planet**

- **NJDSMC's World Sleep Day challenge for you** - Record your bedtime and awake time for 7 days. See if you give yourself the opportunity to get the recommended 7-8 hours of sleep every night?
- **At NJDSMC, we stress good sleep hygiene** as a necessary component of good health and wellness, and essential for successful Oral Appliance Therapy. Patients and their families are directed to visit <https://www.njdentalsleepmedicine.com/how-we-can-help/> to access information about Healthy Sleep Habits <http://sleepeducation.org/essentials->

[in-sleep/healthy-sleep-habits](#) (source American Academy of Sleep Medicine, AASM).

- **Sleep and Stroke** - According to a recent article in the June 2019 issue of Stroke by Drs. Khot and Morgenstern, investigators in the National Institutes of Health-funded Sleep SMART (Sleep for Stroke Management and Recovery Trial), the role of sleep disorders in stroke outcome and recurrence has become a pressing question. Despite estimates of greater than 50% prevalence of sleep disorders after stroke, only about 6% of stroke survivors are offered formal sleep testing and an estimated 2% complete such testing in the 3-month post-stroke period. Stroke is the leading cause of serious long-term disability in the United States, leaving less than half of survivors able to return directly home. 1 Stroke recurrence, estimated as high as 17% over 5 years, also remains unacceptably high.
- **Long-term adherence to CPAP among patients with stroke is lower** than in individuals without stroke, with estimates ranging between 12% and 25% when CPAP is initiated soon after a stroke. A dose-response relationship between CPAP use and stroke outcome likely exists, and the optimum cutoff for CPAP use necessary to improve stroke outcome may need to be higher than for other symptomatic benefits. **Yet treatment with CPAP during the early period after stroke is a challenge for stroke survivors, and the burden of CPAP therapy can be overwhelming. Oral Appliance Therapy could be a viable option for CPAP intolerant patients who have suffered from a stroke.**

Drs. Khot and Morgenstern in the article conclude that it is apparent that there is an association between SDB and other sleep impairments with stroke. Sleep disturbances seem to be both a stroke risk factor for and worsened by a stroke. As such, remedies to reduce sleep impairments may have important roles in both primary and secondary stroke prevention.

<https://www.ahajournals.org/doi/epub/10.1161/STROKEAHA.118.023553>

We invite you to Like our Facebook page where we regularly post sleep and wellness tips and reminders. Stay informed and motivated to prioritize your sleep.

<https://www.facebook.com/DrSunitaMerriman/>



Dr. Sunita Merriman

Founder, New Jersey Dental Sleep Medicine Center, NJDSMC

Diplomate, American Board of Dental Sleep Medicine, ABDSM

Diplomate, American Board of Craniofacial Dental Sleep Medicine, ABCDSM

Dr. Merriman presenting to a local dental study club,
Smile USA in December.

The topic of this well-attended evening was

'Sleep Disordered Breathing:

Integrating Oral Appliance Therapy into Delivery of Care for Obstructive Sleep Apnea, Snoring and Sleep Bruxism’.

Dr. Merriman presents to medical teams and community groups as well.

You can learn more about her presentations by calling or emailing NJDSMC

NJDSMC is a Medicare DME-approved Supplier for Oral Appliance Therapy and works with a patient's medical insurance for billing of services provided for Obstructive Sleep Apnea and Snoring.

Sleep Tip

Avoid drinking alcohol and caffeinated beverages by 2 pm at the latest,
so they don't affect and interrupt your sleep at night time.

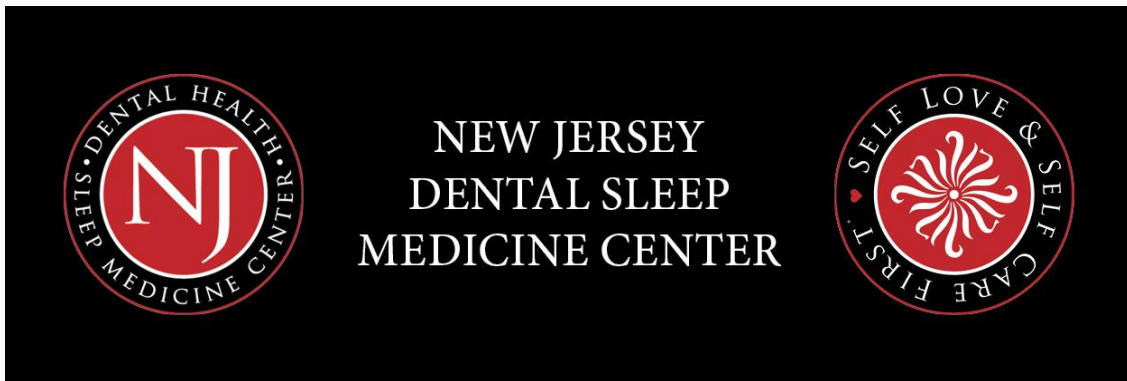
You can view the previous SLEEP WELL newsletters
at <https://www.njdentalsleepmedicine.com/sleep-well-newsletter/>

As a Diplomate of both the American Board of Dental Sleep Medicine and the American Board of Craniofacial Dental Sleep Medicine Dr. Merriman is qualified to screen for OSA, snoring and sleep-related bruxism, and treat, educate, and provide long-term management of patients who are diagnosed by a physician with either OSA, snoring or sleep-related bruxism. **Dental sleep medicine** is an extension of general dentistry with a specific concentration on providing treatment for adult patients who have been diagnosed with sleep-disordered breathing, including obstructive sleep apnea (OSA), snoring and sleep-related bruxism.

NJDSMC is a Medicare DME-approved Supplier for Oral Appliance Therapy and works with a patient's medical insurance for billing of services provided for Obstructive Sleep Apnea and Snoring.

O sleep, O gentle sleep,
Nature's soft nurse, how have I frightened thee,
That thou no more will weigh my eyelids down,
And steep my senses in forgetfulness?

- William Shakespeare (From Henry IV, Part II, Scene 1)



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OUR MISSION

To partner and collaborate with sleep physicians and sleep centers to educate patients and communities about sleep disorders and snoring; to treat candidate patients with dental solutions; and to monitor all patients for overall general sleep health.

OUR PHILOSOPHY

To provide customized and personalized care, to one patient at a time, with experience, integrity, and honesty.

WE BELIEVE

Sleep is the fundamental pillar of good health and wellness; every patient deserves a caring, knowledgeable and competent Sleep Team that works together for them; and restful sleep gives us the energy to enjoy exceptional lives.

