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Sleep Well

Be well, Do well, Live well
#selfloveselfcarefirst



HAPPY
HOLIDAYS

December 15, 2020

Happy Holidays!

As the year comes to an end, we would like to thank you for your presence alongside us in 2020. In many ways, it was the most challenging year we have seen in our many years at NJDSMC. But it was also the most satisfying one, as taking care of our patients in this pandemic is even more essential and important than other times.

Whether you are our patient, a collaborating sleep specialist, lab partner, dental colleague, business associate, friend, or family member who receives SLEEP WELL, we wish you and yours the very best that this holiday season has to offer.

2021 brings with it the promise of a COVID19 vaccine, and the grand possibility of resuming life in the manner that we sorely miss. Here at NJDSMC, we have big plans of further expanding our reach to those who suffer from sleep apnea, snoring, and CPAP intolerance.

We hope you will stay tuned as we bring more exciting and important updates to you through SLEEP WELL.

Thank you for the trust you placed in us. It was received by us with tremendous gratitude.

Sincerely,
Dr. Sunita Merriman and Team
#selfoveselfcarefirst



Sleep Tip #selfoveselfcarefirst

If you drink or serve alcohol during the festive season, consider doing so at lunch instead of dinner to avoid impacting your sleep. Why? Read on,

[Alcohol and Sleep](#)

[Disturbed Sleep and Its Relationship to Alcohol Use](#)

[How a Nightcap is Robbing You of What You Really](#)

[Need to Survive and Thrive During COVID-19](#)

Have you heard of the 'Yellow Balloon'? If not, here is an introduction to what a yellow balloon signifies.

[July 4th, Yellow Balloons, Sober Bars, Healthy Fun and Self Love](#)

"Life presents many choices, the choices we make determine our future." Catherine Pulsifer

Dr. Sunita Merriman

Founder, New Jersey Dental Sleep Medicine Center

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.

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.

DR. SUNITA MERRIMAN



Never before has our health had such center stage in our lives. Our physical, mental, emotional and spiritual wellbeing are in turmoil in this pandemic. Taking care of ourselves is critically essential for our survival.

www.njdentalsleepcenter.com



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Dr. Merriman is someone who deeply understands the importance of balancing these states of being, and who has made it her mission to provide care to others so that they might achieve such balance.

www.doctormerriman.com



DOCTOR - DIPLOMATE - AUTHOR - SPEAKER



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