

# **Tips for Better Sleeping**

## **Tired of Being Tired?**

**Not always does snoring or being tired mean you have sleep apnea, but don't ignore the symptoms.**

**If you suspect you have sleep apnea or your partner does. Contact Monterey Dental Sleep Medicine today & see if you're a candidate for oral appliance therapy and how we can help you stop feeling tired today.**

**TIRED** of  
being  
**TIRED!!!**



## Yawning A Lot?

Has yawning become a part of your daily routine? Do you feel like you didn't sleep?

It's time for you to feel rested. Instead of grabbing that extra cup of coffee, go ahead and make a change to your sleep regimen. Even if you have a busy lifestyle, you owe it to yourself to sleep better.

### Proper Sleep Hygiene:

- ◆ Allow enough time to sleep
- ◆ Give yourself time to wind down
- ◆ Finish your last meal well before bed time
- ◆ Set a time to put your multimedia devices away

Always keep these things in mind when it comes to your bed routine. Even while paying close attention to those tips, some of us still may not feel rested. Contact your dental care provider for more information.