

# About Us

Dr Edward Owens, U.S. Board Certified in Dental Sleep Medicine, leads our Clinic, focused on the Management of Sleep Disordered Breathing, which present as:

- 1 Snoring
- 2 Noisy Disturbed Sleep
- 3 Diagnosed Sleep Apnoea
- 4 C.P.A.P. Intolerance (Face Mask Therapy for Sleep Apnoea)
- 5 Sleep Bruxism (Tooth Grinding)



Contact us by scanning the QR code above to view our website [www.beacondentalsleep.ie](http://www.beacondentalsleep.ie)



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Beacon Dental Sleep  
Medicine Clinic, Beacon  
Consultants Clinic, Sandyford,  
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## *What we offer*

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At Beacon Dental Sleep we offer Oral Appliance Therapy. This is a personalised device, worn at night while sleeping. It works by carefully adjusting the position of the jaw, to open the upper airway, supporting night-time breathing, overnight optimal oxygenation and the elimination of noise and/or snoring.

We provide Oral Device Therapy, as an alternative treatment for Sleep Apnoea patients, who cannot tolerate C.P.A.P. (Mask Therapy).

The device performance is validated by an overnight at home sensor. A combination of patients' report of how they actually feel and the figures which support validation of overnight oxygenation, are the most rewarding aspect of the service.

This is a personalised device, worn at night while sleeping. The device design is scanned for an individual fit, manufactured in a specifically durable, yet flexible material, which can be adjusted to ensure optimal device performance.

Here at Beacon Dental Sleep we work with Medical Doctors including, Consultant Respiratory Doctors, Ear Nose and Throat Consultants, Sleep Consultants, General Medical Practitioners and other Medical Professionals to provide the most comprehensive and personalised Device service for your Sleep Health.

## *Our Additional Services*

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Referral for Medical Consultant led Sleep Disordered Breathing, Loud Noisy Snoring and Sleep Apnoea diagnosis

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Referral for Cognitive Behavioural Therapy associated with Sleep Disordered Breathing

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Referral for Dietician and Weight Management Referral, associated with Sleep Disordered Breathing

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Referral for Dental Health Management Services, central to the maintenance of Good Health

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Referral for routine Dental Care in a variety of Dental Services

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## *Why Sleep Health Management Matters*

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Seeking a diagnosis for Sleep Disordered Breathing is essential to Good Health.

Research is clear that undiagnosed, untreated Sleep Apnoea is unsafe. Many body systems are affected by untreated Sleep Disordered Breathing.

Some of the conditions which can develop with untreated Sleep Apnoea include:

- Cardiovascular Problems
- Cognitive Problems (Attention, Memory, Mood regulation)
- Untreated Blood Pressure changes
- Excessive Daytime Sleepiness
- Diabetes and other related Metabolic Disorders