

## About Us

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Dr Abhilash Sahadevan Consultant Respiratory and Sleep Medicine Physician and Dr Edward Owens, Board Certified Dental Sleep Medicine lead our clinic focused on the management of Sleep Disordered Breathing, which may present as:

- Snoring
- Noisy Disturbed Sleep
- Sleep Disordered Breathing
- Diagnosed Sleep Apnoea
- Undiagnosed Sleep Apnoea
- Excessive Day Time Fatigue
- C.P.A.P. Intolerance (Face Mask Therapy for Sleep Apnoea)
- Unexpected Blood Pressure Changes
- Difficulty Initiating Sleep
- Difficulty Maintaining Sleep
- Sleep Bruxism (Tooth Grinding)

## Contact Us

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Scan the QR code to  
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## What We Offer

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Beacon Consultants Sleep Health Clinic provide diagnosis and treatment for the management of Sleep Disordered Breathing. We offer Home Sleep Testing, Overnight Hospital Sleep Testing (PSG) and any other personalised testing required in order to precisely manage the patient presenting symptoms.

In our practice we offer Oral Appliance Therapy (OAT) also known as Mandibular Advancement Device Therapy (MAD) and C.P.A.P., as required to manage the Sleep Disordered Diagnosis, from Snoring to diagnosed Sleep Apnoea.

## What is Device Therapy?

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A personalised device system is worn at night, while sleeping. Device Therapy works by carefully adjusting the position of the lower jaw, to open the airway, supporting night-time breathing, overnight optimal oxygenation and the elimination of noise and/or snoring. Each patient device is scanned for an individualised fit and manufactured in a specialised durable, flexible material, which can be adjusted to ensure optimal device performance.

## Our Additional Services

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We work with a range of Medical Specialists to meet sleep health needs, including Consultant Respiratory Specialists, Ear Nose and Throat Consultants, Sleep Consultants, General Practitioners, Advanced Nurse Practitioners, Menopause Clinics and Health Screening Clinics, among other healthcare professionals, to provide the most comprehensive and personalised sleep care.

- ▶ Medical Consultant led services for Sleep Disordered Breathing, loud noisy snoring and Sleep Apnoea diagnosis.
- ▶ Referral for Cognitive Behavioural Therapy associated with Sleep Disordered breathing.
- ▶ Referral for Nutrition and Weight Management associated with Sleep Disordered breathing.
- ▶ Referral for other Sleep Health management services, central to the maintenance of Good Health.

## Why Sleep Health Matters

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Seeking a diagnosis for Sleep Disordered Breathing is essential to Good Health. Research is clear that undiagnosed, untreated Sleep Disordered Breathing is unsafe, and can seriously effect your health.

Many body systems are affected by untreated Sleep Disordered Breathing. Some of the conditions which can develop with untreated Sleep Disordered Breathing include :

- Cardiovascular Problems
- Cognitive Problems (Attention, Memory, Mood regulation)
- Untreated Blood Pressure changes
- Excessive daytime sleepiness
- Diabetes, and other related metabolic disorders
- Weight Gain