

Fatigue Doesn't Have to be Your New Normal

Waking up tired and struggling to
make it through the day?

Feeling a little too dependent on caffeine
and energy drinks to push through?

There could be more going on than a "bad night's sleep."

If you, your spouse, or children have
any of these symptoms...

- Snoring/gasping for air
- Stop breathing
- High blood pressure
- Acid reflux/GERD
- Dry mouth
- Headaches/TMJ
- Low energy
- Difficulty focusing
- Insomnia
- Irritability/depression/anxiety
- Teeth Grinding
- Mouth breathing
- Nighttime urination/bed-wetting
- Diabetes/obesity

...you could be one of more than
17 million Americans who have
undiagnosed sleep apnea.

We can help with 3 easy steps.

Get the Rest You Need

You're just a phone call away
from getting the sleep you need
to enjoy an active, healthy life.

Sierra Sleep, Airway and Wellness Center

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Reno, NV 89511
- ☎ 775-977-0822
- ✉ info@SierraSleepWell.com

Did we mention
we treat kids, too?

Get the sleep you need.

Scan the QR code to learn more.



SierraSleepWell.com

Breathe and Sleep Better

Your airway is the key to better sleep
and a healthier life.



Feel
energized

Prevent
chronic disease

Protect
your health



Sierra Sleep, Airway and Wellness Center

Breathe well. Sleep well. Live well.

STEP 1





The Sleep Study

Revolutionary new technology has now made it possible to sleep test from the comfort of your own home, using an FDA-cleared home sleep study.

Experience the Sierra Sleep difference.

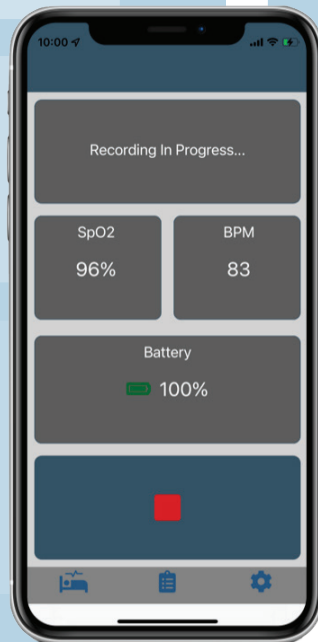
Fall asleep in your own bed, on your own terms, with the fanciest ring you'll ever wear—the SleepImage.

The **SleepImage ring** will measure and record your:

-  Sleep Quality
-  Pulse Oximetry
-  Heart Rate
-  Apnea Events

Then automatically **upload the findings to the SleepImage mobile app**. Our office will set up a video call to review your results.

Using this data in conjunction with the comprehensive exam, Sierra Sleep Airway and Wellness Center will help you determine if you have sleep apnea or another sleep-related disorder.







STEP 2

The Comprehensive Exam

Your sleep test data is just part of the equation. We'll also perform a full examination of your mouth and airway in our center.



The comprehensive exam includes:

-  CBCT scan with our in-office CT Machine
-  Diagnostic photos
-  Complete a comprehensive oral-facial exam (head and neck)
-  A review of your CT scan and Sleep Ring results

Outside of our center, these procedures can be costly and time-consuming. Sierra Sleep, Airway and Wellness Center is the recognized source for a comprehensive approach to address the “root cause” of breathing and sleep issues.

Bundling the sleep test, exam, follow-up, and treatment can save you countless hours and thousands of dollars.





STEP 3

Your Personalized Treatment Plan

Think your only treatment option is a CPAP machine? Think again!

Using the results of your sleep test, exam, and CBCT scan, we'll create a unique treatment plan to widen your airway and address any other needs with the goal of improving and even resolving your sleep issues.

Your plan may include:

-  Oral appliances to wear while you're sleeping
-  Meeting with other providers for additional services
-  Myofunctional therapy
-  Check-in exams and sleep tests to gage your progress

Most people complete their treatment in as little as 12 months!

You and your family will enjoy the benefits of better sleep in your day-to-day life and overall health.