



# DENTAL SLEEP MEDICINE NEWSLETTER

OCTOBER 2023

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



## IS SLEEP APNEA THE CAUSE OF MY BRAIN FOG?

Bonus: National Train Your Brain Day 10/13/23 (Brain Teasers)

### BRAIN FOG & HOW IT RELATES TO YOUR OVERALL SLEEP HEALTH

You've experienced fatigue before, but a cup of coffee usually did the trick. This time is different. Recently, you've been more exhausted than ever. You wake up abruptly at night, struggling for breath. Each morning, your alarm jars you awake, without feeling refreshed. Your focus at work is slipping. What's worse, it's like your mind is wrapped in a fog, and your family notices you're forgetting simple things. By the end of the day, you're utterly drained, yet still unable to find proper rest at night.

Does this scenario ring a bell? Your ordeal is a common one, but it's not merely a matter of feeling tired. This combination of fatigue and cognitive sluggishness is what's known as "brain fog."

Brain fog is often mistaken for symptoms of depression or general stress. However, it's closely tied to poor-quality sleep, which goes beyond just logging eight hours. It serves as a signal from your body that something's amiss.

During sleep, your brain undertakes crucial tasks it can't handle while awake, akin to the automatic updates and internal upkeep your computer does overnight.

You may not think your dentist wants to hear about your sleeping habits but we do, answer this: Do you wake up with headaches, snore, feel fatigued in the morning, grind your teeth at night, or have high blood pressure? If you answered "yes" to any of these, there might be an undiagnosed airway issue disrupting your brain's nighttime maintenance. This lack of proper airflow at night is likely contributing to your exhaustion. Even if you're not consciously aware, your brain senses the reduced oxygen and switches to a lighter sleep mode, preventing deep rest.

**Ask us how you can receive a sleep wellness consultation!**

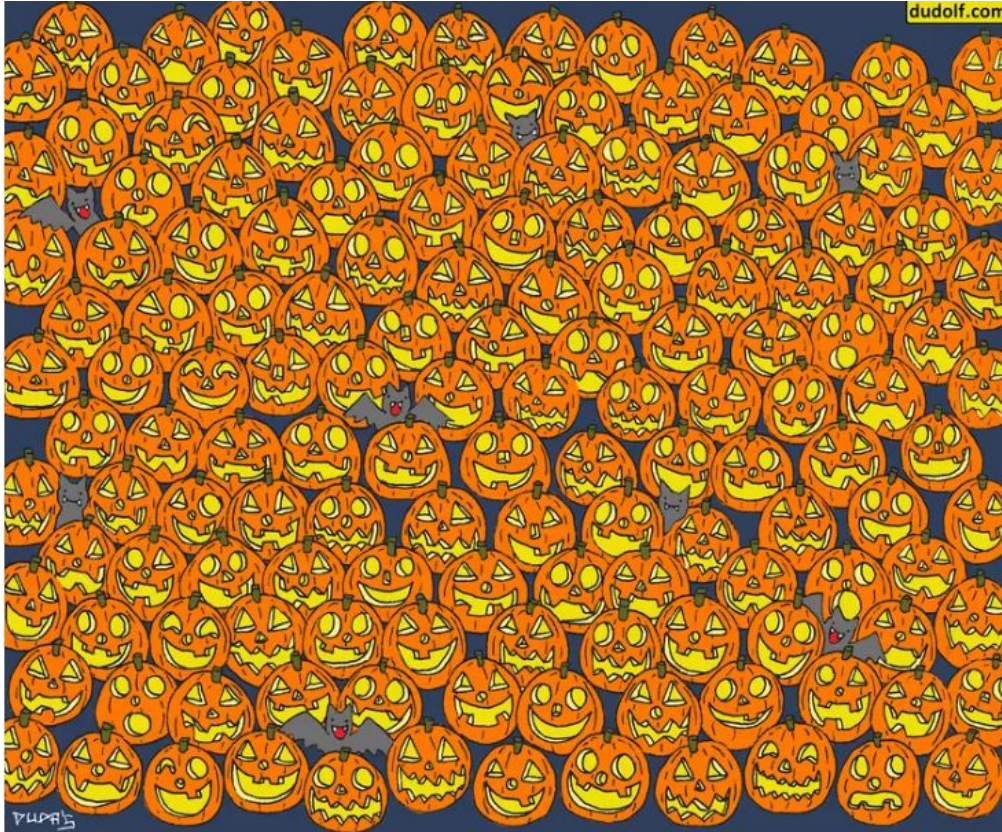


# National Train Your Brain Day

October 13, 2023



Workout Your Brain With These Brain Teasers!  
Find the Jack-O-Lantern without a nose!



$$\begin{aligned} & \text{Witch hat} + \text{Witch hat} + 1 = 13 \\ & \text{Pumpkin} \cdot \text{Pumpkin} - 3 = 13 \\ & \text{Cat} \div 1 + \text{Witch hat} = 13 \\ & \text{Witch hat} + \text{Cat} - \text{Pumpkin} = ? \end{aligned}$$

You enter a haunted house alone and an eerie silence welcomes you into the darkness. You fumble to find a light switch but you're disappointed to find it's useless because the power is out. You turn back but the door closes and traps you in the house. A menacing cackle echoes throughout the house.

The voice says there are three doors before you and you must enter one of them before it will allow your escape. It says that behind Door 1 is a bottomless abyss in which you would fall forever. Behind Door 2 is a high-voltage electric chair that you must sit in. Behind Door 3 is a pool of hazardous acid that you must dive into. You must go into one of the rooms and face the danger. **Which door will you choose?**



Identify the words inside the boxes through hints in 30 seconds

1 Get it Get it Get it Get it	2 Jack	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 Blood Water	7 Beeeee	8 CANCELED

### ANSWER KEY

- Jack-O-Lantern (top right 4 down)
- Forget it - Black Jack - Somewhere Over the Rainbow - Back Door - Read in between the lines - Blood is Thicker than Water - Bee Line - Cancelled Check
- Equation= 9
- Door 2: The Power is out so the electric chair will not affect you.

