A Note For Your Family

Sleep apnea can affect more than the person who has it. A partner or family member may notice snoring, pauses in breathing, gasping, or daytime tiredness first.

Because I Love You

Sometimes the person sleeping next to you notices the problem before you do.

If someone you love snores loudly, stops breathing, chokes or gasps during sleep, wakes up tired, has morning headaches, is excessively tired during the day, or has difficulty concentrating, these may be signs of obstructive sleep apnea.

Don't ignore the signs. Dr. Maryam Avin, Diplomate of the American Board of Dental Sleep Medicine, can evaluate your sleep disordered breathing & discuss treatment options.

Scan to request an appointment.



Maryam Avin, DDS

Diplomate, American Board of Dental Sleep Medicine

Our Approach

Our goal is to make the process simple & convenient. We handle the dental sleep medicine portion of care in our office & coordinate testing & follow-up when appropriate.

What We Do

- Evaluate sleep, health, airway & oral health
- Perform a comprehensive evaluation
- Determine when sleep testing is appropriate
- Arrange or provide convenient home sleep testing
- Review sleep-test results
- Discuss treatment options
- Provide a custom oral appliance when appropriate
- Fit, adjust & monitor the appliance
- Provide ongoing follow-up & maintenance

Oral Appliance Therapy

A custom oral appliance gently repositions the jaw to help improve airflow during sleep. It is comfortable, quiet & easy to use.

Ready to Take the Next Step?

Call us or scan to request an appointment.

703-687-3255

19366 Diamond Lake Drive
Leesburg, VA 20176

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Sleep Better. Breathe Better.

Personalized care for snoring & obstructive sleep apnea using custom oral appliance therapy when appropriate.



Avin DentalCare

Custom Oral Appliance Therapy
Quiet • Portable • Convenient

Could You Have Sleep Apnea?

Obstructive sleep apnea (OSA) causes repeated interruptions in breathing during sleep. Many people do not realize they have it.

Common Warning Signs

- Loud or frequent snoring
- Pauses in breathing during sleep
- Choking or gasping during sleep
- Waking up in the morning feeling unrefreshed
- Being tired or sleepy during the day
- Morning headaches
- Waking up frequently at night to go to the bathroom
- Difficulty concentrating or remembering things

Don't Ignore the Signs

If you recognize these symptoms in yourself or someone you love, an evaluation can help determine whether sleep apnea may be present.

Avin DentalCare

Call us or scan to request an appointment.

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Health Risks of OSA

Obstructive sleep apnea (OSA) is a serious condition. Left untreated, it can lead to a host of health issues—negatively affecting the body & mind.

- High Blood Pressure
- Stroke
- Heart Issues
- Blood Sugar & Metabolism
- Cancer
- Mental Health & Alzheimer's
- Impaired Cognitive Functioning
- Fatigue & Accidents
- Immune Health

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Your Journey to Better Sleep

1. Start with Avin Dental Care

You can come directly to our office for a dental sleep medicine consultation.

2. Comprehensive Evaluation

Dr. Avin reviews your sleep & health history & performs a thorough evaluation.

3. Convenient Home Sleep Testing

We can arrange your sleep test or provide a convenient at home testing option.

4. Personalized Treatment Plan

Your evaluation & sleep test results help determine the right treatment.

5. Custom Oral Appliance

When appropriate, Dr. Avin provides & adjusts a custom-fitted oral appliance.

6. Follow-Up & Monitoring

We provide ongoing follow-up & coordinate additional sleep testing when needed.



Important

OSA is a serious condition. Your sleep-test results are reviewed as part of the diagnostic & treatment process & we coordinate care when additional medical evaluation is appropriate.