

A woman with long dark hair is sleeping peacefully in a bed. She is wearing a light-colored, ribbed long-sleeved shirt. The bed has a purple blanket and a grey pillow. The entire image is overlaid with a semi-transparent purple rectangle. In the bottom left corner of this rectangle, there is white text. In the bottom right corner, there is a logo for 'LAKESIDE SLEEP SOLUTIONS' featuring a stylized moon and stars above wavy lines representing water.

**A modern, comfortable solution
to sleep apnea & snoring.**



Imagine a life with more energy and greater happiness.

“ My husband tried infomercial snoring Appliances...they broke, caused pain, or simply Didn't work. Nothing seemed to help until he Tried a custom fitted, adjustable appliance. ”

Sleep is the **foundation** for the rest of your day. It determines your energy levels, your mood, and your ability to act. It can affect your relationships with your coworkers, friends, and **even your loved one.**

Sleep apnea can undermine your life and it can even take a toll on your overall health. **It's what motivates me to provide a better solution.**





Normal airway



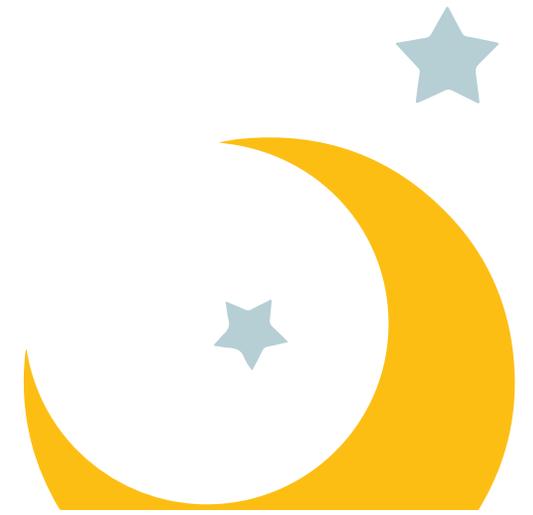
Obstructive sleep apnea

What causes sleep apnea & chronic snoring?

Sleep apnea is caused by an obstruction of the airway through which we breathe.

While sleep apnea causes snoring, snoring can have other causes as well. Symptoms can include: irritability, a lack of energy and drive, and morning headaches. It can completely change your behavior and you as a person.

Whether you have sleep apnea, or just plain snore, getting diagnosed and treated can make a real difference in your life. Apart from a better night's sleep, it can help your motivation and with restoring the passion in your relationship and life.



Sleep deprivation & your health



MIND

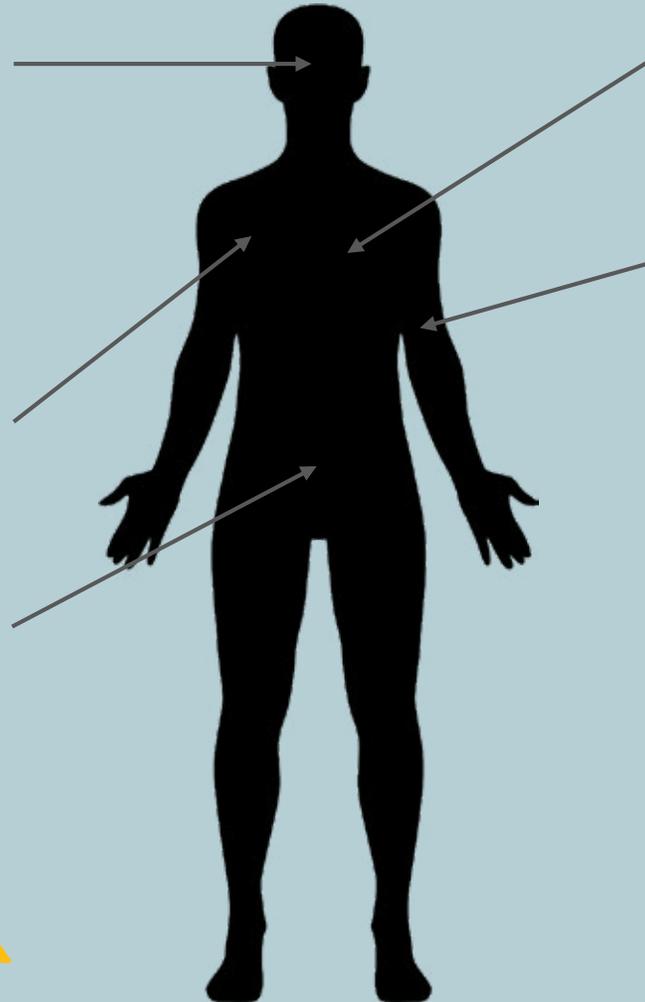
- ★ Cognitive impairment
- ★ Memory loss or lapse
- ★ Hallucinations
- ★ Impaired Judgment
- ★ Symptoms often mistaken for ADHD

LYMPH NODES

- ★ Weakening of the immune system

PANCREAS

- ★ Increased risk of Type 2 diabetes



HEART

- ★ Irregularities in heart rate
- ★ Higher risk of heart disease

MUSCULAR

- ★ Pain
- ★ Tremors and ticks
- ★ Decreased reaction time

OTHER HEALTH EFFECTS

- ★ Growth suppression
- ★ Decreased temperature
- ★ Higher risk of weight gain and obesity





Alternatives to CPAP

CPAP is an excellent solution if you have severe sleep apnea. For those who suffer from mild or moderate sleep apnea, or just snore, **there is a more comfortable, less intrusive alternative.**



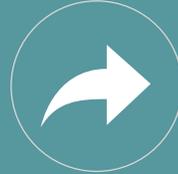
ORAL APPLIANCES

Once diagnosed, we can provide you with a custom-crafted and adjustable oral appliance that you wear while you sleep, to help keep your airway open and unobstructed.

This option is more comfortable to wear than CPAP, is portable, and is remarkably easy to care for.



Benefits of an oral appliance



GREATER COMFORT

Our oral appliance is much less intrusive than a traditional CPAP machine



SMALL & PORTABLE

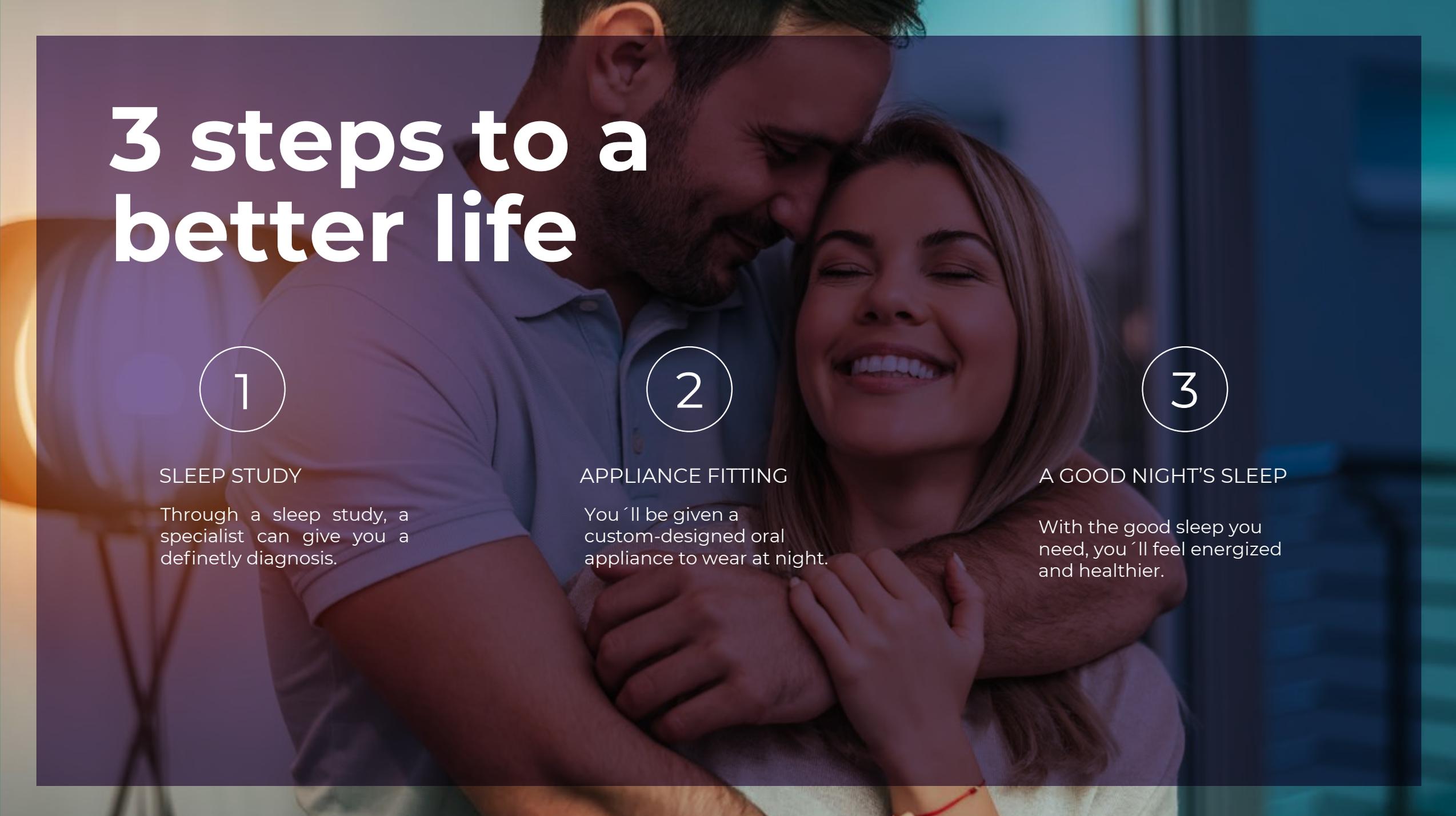
Take it with you when you travel without carrying around an entire machine.



EASY MAINTENANCE

Rinse your oral appliance out routinely, and enjoy a better night's sleep.





3 steps to a better life

1

SLEEP STUDY

Through a sleep study, a specialist can give you a definitely diagnosis.

2

APPLIANCE FITTING

You'll be given a custom-designed oral appliance to wear at night.

3

A GOOD NIGHT'S SLEEP

With the good sleep you need, you'll feel energized and healthier.

Our Story

Sleep apnea can totally alter your personality, wellbeing, and life. It can make a difference in your career. It can even cost you a career. Sleep apnea can affect your personal relationships too, including the relationship with your loved one. **Without energy, how can you experience life, how can you feel fulfilled?**

Yet, 4 out of 5 patients do not use their CPAP machines for the full recommended amount of time each night.

The need for a better solution motivates us to provide it.

Visit our website to learn more about our team.

A young couple is lying in bed, smiling at each other. The woman is on top, wearing a white t-shirt and blue jeans, with her hands behind her head. The man is on the bottom, also wearing a white t-shirt, looking up at her. They are in a bed with striped pillows and a patterned blanket. The background is a white brick wall.

IT'S TIME FOR A HAPPIER, MORE PASSIONATE LIFE.

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