## Your best night's sleep





### **GET IN TOUCH**

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### **OVERVIEW**

Sleep Well Southeast Texas is an extension of Tieken Smiles Dentistry. The owner of both businesses, Dr. Tieken, has treated sleep apnea and offered patient support for more than ten years. If you're having trouble sleeping, we can help you find a solution. We offer at home sleep tests, and oral sleep appliances to help you rest better.



We offer an alternative to the CPAP machine

# WE ARE A DME COMPANY, MEDICARE PROVIDER, AND WORK WITH MOST MEDICAL INSURANCE COMPANIES

#### **WHAT WE CAN DO FOR YOU:**

- Sleep apnea Treatment
- Custom fit oral appliances
- At home sleep tests
- We work with and bill directly to medical insurance

# SYMPTOMS OF SLEEP DISORDERED BREATHING:

- Loud & disruptive snoring
- Waking up abruptly with a shortness of breath
- Intervals of shallow or suspended breathing
- Headaches in the morning
- Insomina
- Chronic fatigue & sleepless during the day
- Inability to concentrate
- Irritability
- Waking up with a sore throat & dry mouth