

Effective Solutions That Get Results



SLEEP BETTER TONIGHT

Just imagine - a full eight hours of quality rest, uninterrupted.



ELIMINATE BRAIN FOG

Without fatigue, it's easier to focus and concentrate on daily tasks.



INCREASE YOUR ENERGY

Get back to exercising, play sports, and other favorite activities!



IMPROVE RELATIONSHIPS

Say goodbye to increased irritability and reconnect with loved ones.



REDUCED RISK OF CARDIOVASCULAR PROBLEMS

Reduce the risk of high blood pressure, heart attack, and stroke.

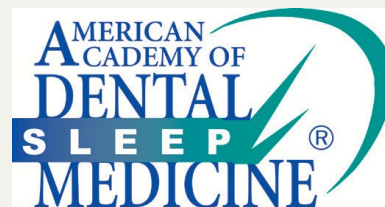
Northern Virginia Sleep Solutions

Dr. Hye Park

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Visit us online at

NoVaSleepSolutions.com



**Qualified Dentist of American Board of
Dental Sleep Medicine**



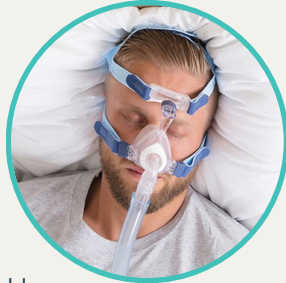
**NORTHERN VIRGINIA
SLEEP SOLUTIONS**

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Providing an Effective CPAP Alternative

Many patients diagnosed with Obstructive Sleep Apnea are prescribed CPAP Therapy by their physicians. While CPAP Therapy has proven to be very effective, some patients find sleeping with a CPAP machine very uncomfortable.



Recent data suggests that nearly half of patients prescribed CPAP have abandoned using it before 12 months have passed. Fortunately, if you have mild or moderate Obstructive Sleep Apnea (OSA), you may have another alternative—Oral Appliance Therapy.

At Northern Virginia Sleep Solutions, Dr. Park provides custom-made, comfortable appliances for patients with sleep apnea and/or snoring. These are easy to use and have been proven to dramatically increase sleep quality at night.

Sleep Apnea Symptoms

- Consistent daytime drowsiness
- Loud, chronic snoring
- Waking up gasping or feeling out of breath
- Headaches and sore throats particularly in the morning
- Depression/mood swings
- Trouble losing weight or weight gain
- Hypertension/cardiovascular issues
- Reduced focus/memory
- Sexual dysfunction

Hye Park DMD

Dr. Park has enjoyed a successful 19-year career in dentistry. Now, dental sleep medicine has become her primary focus.

As a sleep dentist, Dr. Park specializes in treating sleep-related breathing disorders, including snoring and obstructive sleep apnea. She offers a variety of treatments, including oral appliances, to help her patients get a good night's sleep and improve their overall health and quality of life. Dr. Park is known for her compassionate and personalized approach to patient care. She takes the time to listen to her patients' concerns and works closely with them to develop a treatment plan that meets their individual needs and goals.

Dr. Park received her dental degree from the Goldman School of Dental Medicine at Boston University in 2004. She has undergone extensive training in dental sleep medicine and is an active member of the American Academy of Dental Sleep Medicine and the International Academy of Sleep.

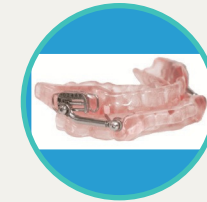


Oral Appliances

An Effective CPAP Alternative

Oral appliances fit over the teeth just like an athletic mouthguard. They keep the airway open by stabilizing the lower jaw in a slightly forward position, meaning that the airway doesn't close or collapse. As a result, you are able to sleep and breathe restfully night after night, giving them energy and focus to tackle the new day.

Oral Appliance Examples:



Herbst Sleep Apnea Appliance

The Herbst appliance attaches the molars and remolars of both the upper and lower jaws.



Dream TAP Sleep Apnea Appliance

Using the same principle as CPR, the Dream TAP oral appliance shifts the lower jaw forward, creating space for air to flow freely during sleep.



ProSomnus EVO

ProSomnus EVO is the first Oral Appliance Therapy device to incorporate advanced materials, manufacturing robotics and artificial intelligence to advance the treatment of OSA.

Want to learn about sleep apnea solutions?

We are here for you!

NoVaSleepSolutions.com / (571) 290-7977