



Why Seeking Care for Sleep-Breathing Disorders Matters

Sleep is foundational to your physical, cognitive and emotional health. Many people struggle with snoring or obstructive sleep apnea (OSA) without realizing how deeply these breathing-related sleep disorders affect long-term wellness.

At Carolina ENT, we understand that healthy sleep depends on a clear, stable airway. Our team provides comprehensive, multidisciplinary evaluation and treatment of sleep-breathing disorders, helping you breathe easier at night and feel better during the day.

The Hidden Impact of Untreated Sleep-Breathing Problems

Conditions like chronic snoring and OSA can lead to:

- Elevated blood pressure, cardiovascular strain and increased stroke risk
- Impaired memory, focus, reaction time and daily performance
- Mood changes including irritability, anxiety and depression
- Weight gain and worsening metabolic health
- Daytime fatigue, morning headaches and reduced productivity
- Greater risk of accidents at home, work and on the road

How Carolina ENT Provides Complete Sleep-Breathing Care

Our sleep specialists use advanced diagnostic tools, including sleep studies, to identify the root cause of your sleep issues. From CPAP therapy and oral appliances to surgical solutions and behavioral interventions, we tailor treatment to your unique needs and goals.

Our approach begins with identifying the root cause of airway obstruction and continues through personalized, long-term treatment planning.

Advanced Diagnostic Evaluation:

- At-home sleep studies
- Nasal and upper airway endoscopy

- Assessment for anatomical contributors such as septal deviation, turbinate hypertrophy, nasal valve collapse, tonsillar enlargement and tongue-base obstruction

Non-Surgical Treatment Options:

- CPAP and BiPAP therapy
- Custom oral appliance therapy
- Positional and behavioral strategies
- Allergy evaluation and treatment when inflammation worsens nighttime breathing

Surgical Solutions—including Those That Improve CPAP Tolerance:

- Septoplasty and turbinate reduction to improve nasal airflow
- Nasal valve repair with Vivaer
- UPPP (uvulopalatopharyngoplasty)
- Hyoid suspension and soft-tissue airway expansion techniques
- Inspire® hypoglossal nerve stimulation for CPAP-intolerant patients

Collaborative, Multidisciplinary Care:

- Carolina ENT collaborates with pulmonary sleep-medicine physicians, neurology sleep-medicine specialists, cardiology, weight-management and primary-care teams

Take the First Step Toward Better Sleep

If you experience loud snoring, gasping at night, morning headaches or daytime fatigue, don't ignore the signs. Sleep-breathing disorders are highly treatable.

Call (828) 322-2183 or visit carolinaearnosethroat.com/sleep to schedule your comprehensive sleep evaluation.

Understanding Snoring:

Causes, Risks and Solutions

Snoring is more than just a nighttime nuisance and can indicate underlying health issues. It occurs when airflow is partially blocked during sleep, causing throat tissues to vibrate and produce sound. While occasional snoring is common, chronic or loud snoring may indicate a more serious condition like obstructive sleep apnea (OSA).

Common Causes of Snoring

Snoring can result from a variety of factors, including:

- Nasal congestion from allergies or colds
- Alcohol or sedative use that relaxes throat muscles
- Sleep position, especially sleeping on your back
- Obesity, which increases the bulk of the throat tissue
- Anatomical issues like a deviated septum or enlarged tonsils
- Age-related muscle tone loss in the throat

Health Impacts of Snoring

Persistent snoring can disrupt sleep quality for both the snorer and their partner. More importantly, it may be linked to serious health risks such as:

- High blood pressure and heart disease
- Daytime fatigue and poor concentration
- Mood changes, including irritability and depression
- Increased risk of stroke and metabolic disorders

If snoring is accompanied by gasping, choking or pauses in breathing, it's essential to seek medical evaluation for sleep apnea.

Treatment Options

- **Lifestyle changes:** Weight loss, avoiding alcohol and changing sleep positions

- **CPAP therapy:** A machine that keeps airways open with gentle pressure
- **Oral appliances:** Custom devices that reposition the jaw to improve airflow
- **Inspire therapy:** A surgically implanted device that stimulates airway muscles during sleep

If snoring is affecting your sleep or health, don't ignore it. Talk to a sleep specialist to explore the best treatment for your needs and start sleeping better. Call (828) 322-2183 or visit carolinaearnosethroat.com/sleep to get in touch with Carolina ENT's sleep specialists today.





Understanding **Your Sleep Apnea** Treatment Options

At Carolina ENT, we offer a range of effective treatments for obstructive sleep apnea (OSA), tailored to your lifestyle and medical needs. Whether you're newly diagnosed or seeking alternatives to CPAP, our team is here to help you breathe easier and sleep better.

CPAP Therapy: The Gold Standard

Continuous Positive Airway Pressure (CPAP) is the most prescribed treatment for moderate to severe OSA. It uses a mask and machine to deliver steady air pressure, keeping your airway open during sleep. CPAP is highly effective but can be challenging for some patients due to discomfort, noise or dryness.

Best for:

- Patients with moderate to severe OSA
- Those who tolerate masks and airflow well
- Individuals seeking a non-invasive solution

Oral Appliances: Small and Convenient

Oral appliances are custom-made devices that gently reposition your jaw to keep the airway open. They're quiet, portable and easy to use—ideal for travel or those who find CPAP uncomfortable.

Best for:

- Patients with mild to moderate OSA
- Those who cannot tolerate CPAP
- Individuals preferring a low-maintenance option

Inspire Therapy: A Surgical Alternative

Inspire therapy is a mask-free, implantable device that stimulates airway muscles during sleep to prevent obstruction. Activated by a handheld remote, Inspire offers a discreet and effective solution for patients who struggle with CPAP.

Best for:

- Adults with moderate to severe OSA
- Those who cannot tolerate CPAP
- Patients who meet specific anatomical and health criteria

Choosing the Right Treatment

Your path to better sleep starts with a personalized evaluation. At Carolina ENT, we'll help you explore your options and find the treatment that fits your needs.

Call **(828) 322-2183** or visit **carolinaearnosethroat.com/sleep**
to schedule your consultation.

Want To Know More About **Sleep Disorders?**

If you're looking for more information about how to get a good night's sleep, visit our website.

You'll find a wealth of information on snoring, sleep apnea and treatment options. Go to carolinaearnosethroat.com and select the ENT dropdown to start exploring.

Here are a few other websites our allergy team recommends if you're looking for credible, up-to-date information about sleep health.

National Sleep Foundation—This nonprofit organization is dedicated to improving health and well-being by advancing sleep health. thensf.org.

The Wellness, Sleep and Circadian Network—Formerly known as the American Sleep Apnea Association, this nonprofit organization strives to provide information about sleep health, circadian science and wellness. sleephealth.org.

Thank you for trusting Carolina ENT with your care.

If you need support for any ear, nose or throat concern, please get in touch with us today!

www.carolinaearnosethroat.com

(828) 322-2183

Three convenient locations

Hickory

304 10th Avenue NE
Hickory, NC 28601

Lincolnton

1446 Gaston Street, Ste. 101
Lincolnton, NC 28092

Morganton

149 W. Parker Road, Ste. C
Morganton, NC 28655



CAROLINA
EAR NOSE & THROAT
SINUS AND ALLERGY CENTER, P.A.