

# What is UARS?

## Obstructive Sleep Apnea and Upper Airway Resistance Syndrome

### How your airway relates to dentistry.

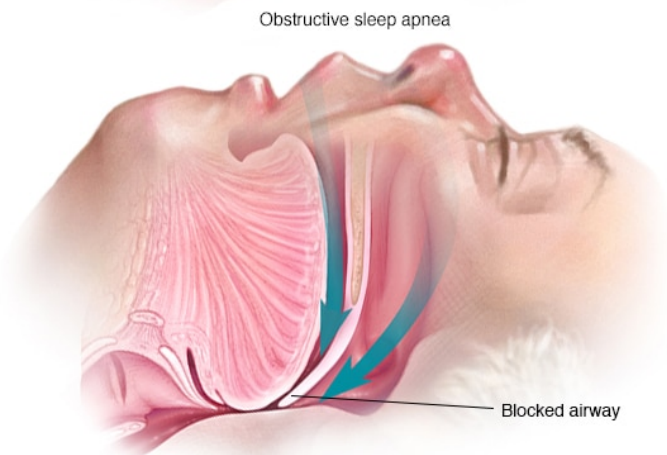
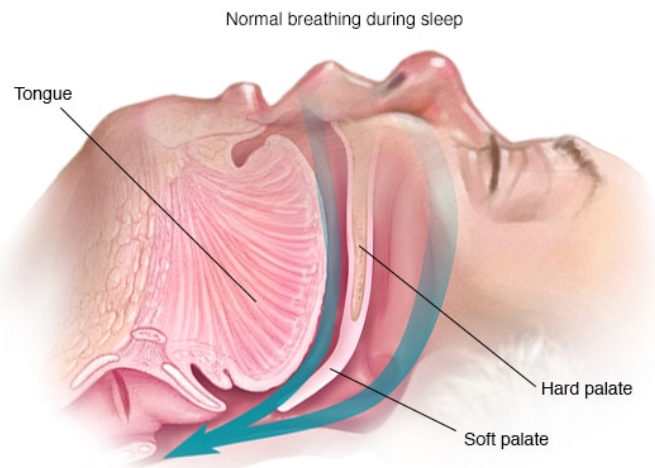
Your "airway" as we refer to it is defined as any area from the end of your nose to the top of your lungs. Signs that people have an issue with smoothly moving air through the airway space can be seen as dental professionals examine your mouth.

### Signs of a "normal" airway:

- No tooth wear
- Minimal dental disease
- No reports of insomnia
- No reports of snoring
- No daytime sleepiness

### Variation from normal.

The extreme variation from normal is perhaps the most well known; it is **obstructive sleep apnea**. This condition can exist in any body type or build, from babies to adults.



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A close relative to sleep apnea is a very common condition called **UARS**, or **Upper Airway Resistance Syndrome**. It's important to have professional help to know if you have apnea or UARS.

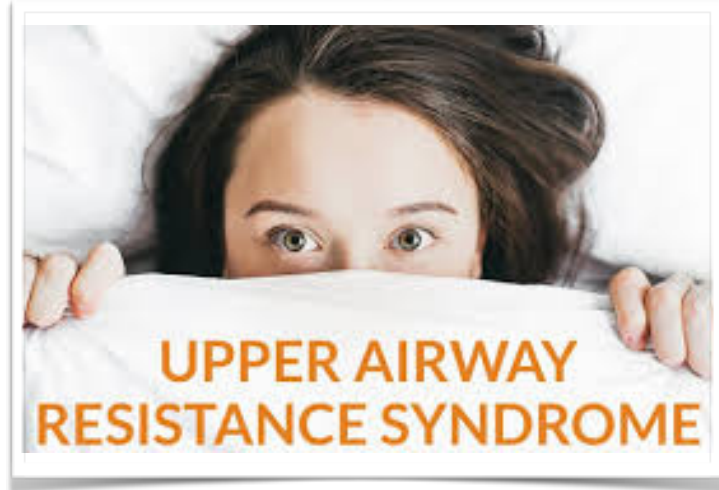
## Not sure if you snore?

Try the Snore Lab app



## Need help breathing through your nose?

A first thing to try is a nasal dilator such as the "mute" brand.



In both sleep apnea and in UARS, we see a variety of the following:

- ◆ Tooth wear especially in the front
- ◆ Broken and cracked teeth
- ◆ Dental crowding
- ◆ High rate of tooth decay
- ◆ Periodontal disease responding poorly to treatment
- ◆ Dry mouth
- ◆ Daytime sleepiness
- ◆ High blood pressure
- ◆ History of heart disease
- ◆ History of stroke
- ◆ Headaches
- ◆ Anxiety
- ◆ Depression
- ◆ Insomnia
- ◆ Acid reflux/ acid wear on teeth
- ◆ Cough/ increased gag reflex

In children, we see:

- ◆ Bedwetting
- ◆ ADHD
- ◆ Behavioral problems