

A photograph of a man and a woman sleeping peacefully in a bed, covered with a white blanket. The man is on the right, and the woman is on the left. The image is dimmed to serve as a background for text.

A modern, comfortable solution
to sleep apnea & snoring.

—
DR. SHELIA BIRTH

Orthodontics



BIRTH & FLETCHER

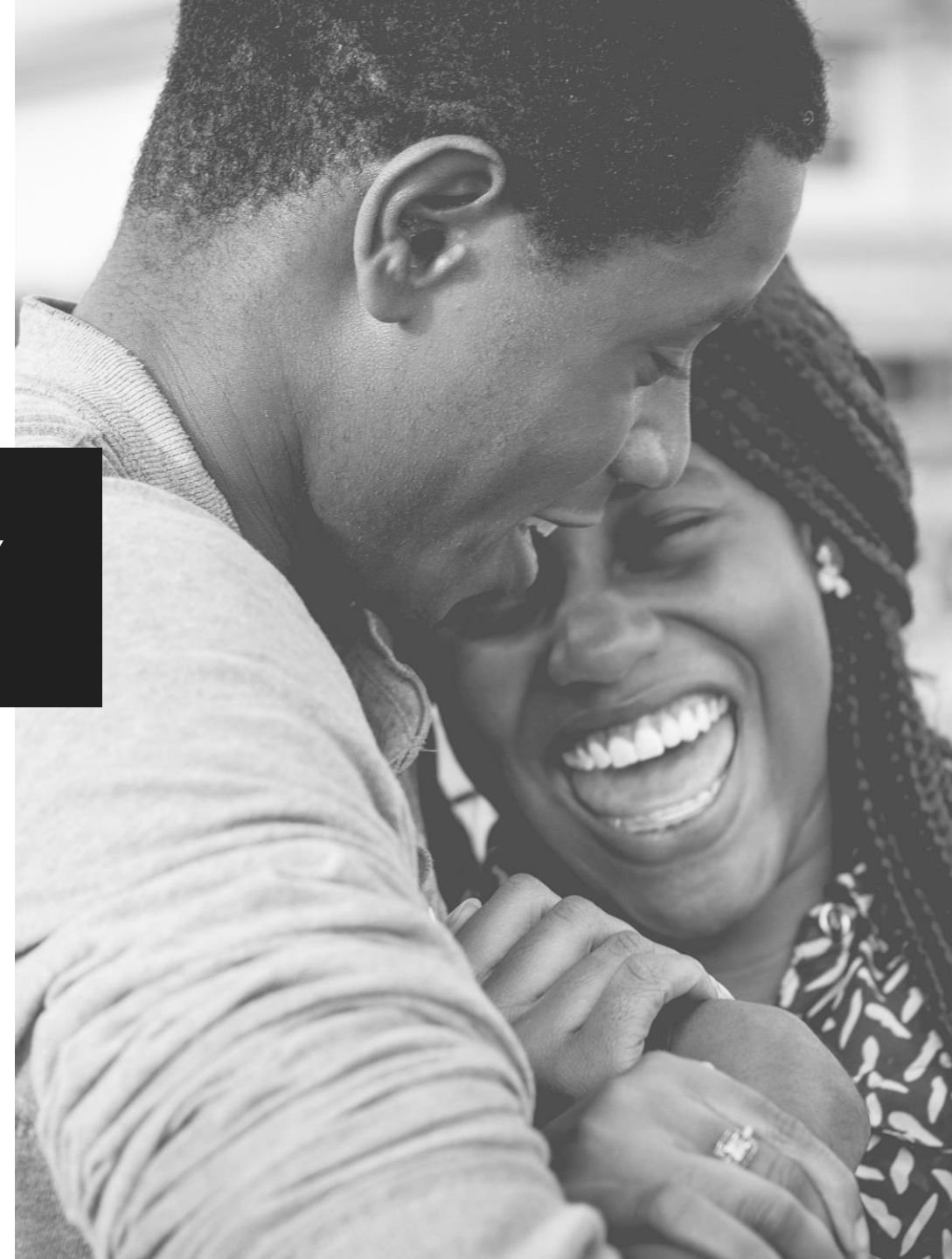
— BIRTHORTHOD.COM —

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.**



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.



Normal airway



Obstructive sleep apnea

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

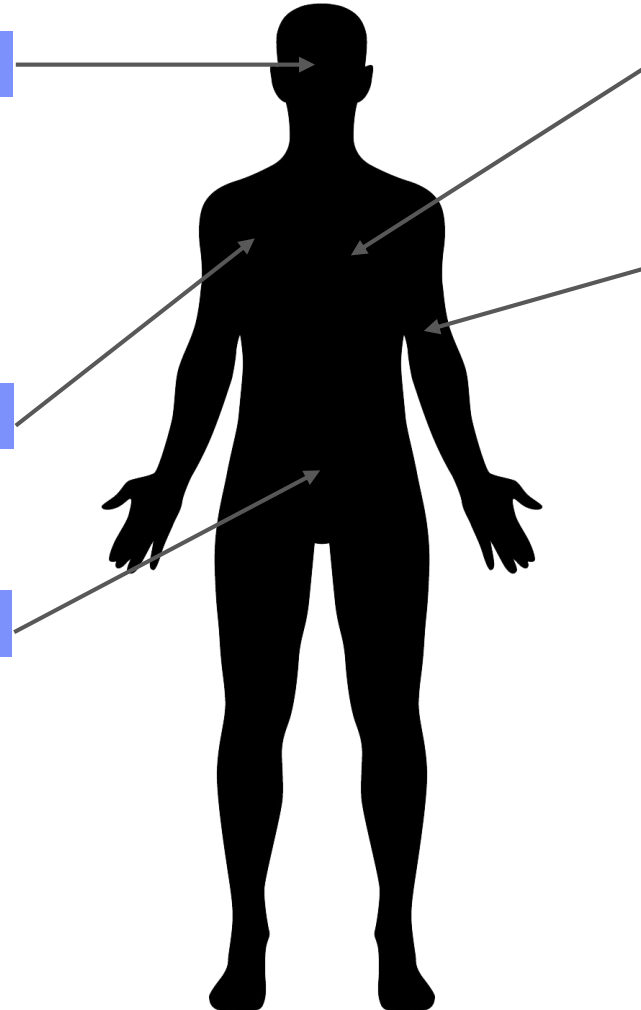
- » Irregularities in heart rate
- » Higher risk of heart disease

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.

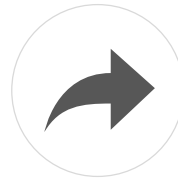
This option is more comfortable to wear than CPAP, is portable, and is remarkably easy to care for.

Benefits of an oral appliance.



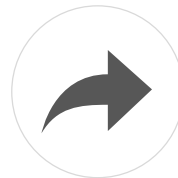
GREATER COMFORT

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 definitive 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.

Orthodontics



BIRTH & FLETCHER

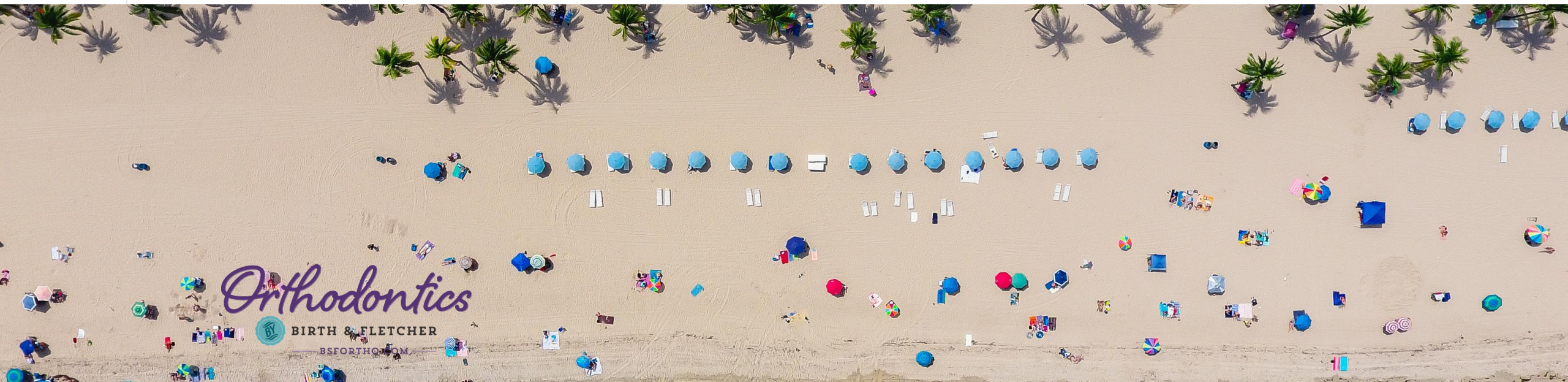
— BSFORTHOD.COM —

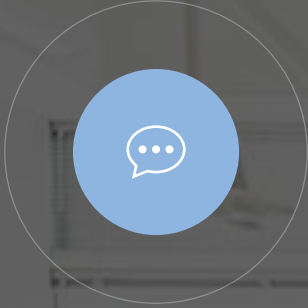
Our story.

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?

I know this, and I ask these questions, **because I too suffer from sleep apnea** and they were the hard questions I had to answer for myself.

Why do I do what I do? Why do I make oral appliances for patients? **Because I know what it's like, I know what it takes to treat the condition, and my passion is in providing patients with a better option.**





Awesome support team.
Dr. Birth is very
thorough, timely and
has an excellent bedside
manner.

Amelia S.,
PATIENT GOOGLE REVIEW

Orthodontics



BIRTH & FLETCHER

— BIRTHANDFLETCHER.COM —

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

START YOUR JOURNEY

fortworthsleepapnea.com

(817) 502-9103

