

# WHEN WAS THE LAST TIME YOU WOKE UP SMILING?

Guilderland, NY - If your answer is "today" - great news as we want you to feel your best! If your answer is "I can't remember" - we would like to help you feel your best!

Let's start with some questions:

1. Do you wake up with a very sore or dry throat?
2. Do you snore loudly?
3. Do you occasionally wake up with a choking or gasping sensation?
4. Do you experience sleepiness or lack of energy during the day or have trouble focusing?
5. Do you experience sleepiness while driving?
6. Do you get morning headaches?
7. Do you have restless sleep, waking up frequently throughout the night?
8. Are you forgetful, have mood changes, and a decreased interest in sex?
9. Do you have diabetes, high blood pressure or suffer from depression?
10. Do you have trouble losing weight?
11. Do you currently use a CPAP that you can't tolerate or disturbs members in your family?
12. Do you have pain or tenderness in your face, jaw, TMJ joints or around your ear?
13. Do you have difficulty chewing or pain while chewing?
14. Does your jaw pop or lock making it difficult to open or close your mouth?

If you have answered yes to one or a combination of these questions, there is a possibility you may be suffering from Sleep Apnea or a TMJ disorder. Please call us today for a Complimentary Sleep/TMJ evaluation by Dr. Oshins who is trained in Dental Sleep Medicine and TMJ dysfunction.

Oshins of Smiles is an approved Medicare Durable Medical Equipment Supplier. With a diagnosis of Sleep Apnea or TMJ syndrome, an oral appliance could be the answer and may be covered by your Medicare insurance or other medical insurance you have.

We are here to help you feel your best and keep you smiling throughout your day!

With Oshins of Smiles,  
Dr. Steven Oshins

**We are accepting new patients - call us today!**

 **OSHINS OF SMILES**  
FAMILY & AESTHETIC DENTISTRY

**(518) 356-5635**

[www.OshinsofSmiles.com](http://www.OshinsofSmiles.com)

3905 Carman Rd., Guilderland

**ACCEPTING NEW PATIENTS**

