

Welcome to the fall issue of our Newsletter!

Our quarterly newsletters is designed to keep our patients informed about the latest news at our dental practice, news in dental health, as well as provide helpful tips and ideas to maintain optimal oral health. We are dedicated to provide the highest quality of dental care to our patients and hope that our newsletter helps educate and inform you about the best ways to keep your smile healthy. We hope you enjoy reading our newsletter and find it helpful!

Dr. Laura Ellefson and Dr. Kasia Marelich

## Winter is Coming - Time to Sleep!

Quality sleep is important any time of the year, but the fall season makes it easier to feel cozy and start thinking about a long winter's nap...but why can't most of us sleep well? How well we sleep (quality) is just as important as how long we sleep (quantity).

Good sleep hygiene is a routine we can do every evening to help remind our brain that bedtime is coming and to start feeling sleepy. Why is this coming from your dentist? Because sleep reduces inflammation in our body and that in turn leads to healthier gums and a happier mouth.



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-OR-

[visit our website](#)  
for the full article



### OFFICE UPDATES

We are now open  
Mondays 8am - 5pm  
Tuesdays 7am - 5pm  
Wednesdays 7am - 5pm  
Thursdays 7am - 4pm

## Tips for Good Sleep Hygiene:

- **Establish a Consistent Sleep Schedule:** Go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock, making it easier to fall asleep and wake up naturally.
- **Create a Relaxing Bedtime Routine:** Calming activities like reading, stretching, taking a warm bath, or relaxation techniques such as deep breathing can help you wind down before bed.
- **Optimize Your Sleep Environment:** Make your bedroom dark, cool, and quiet. Even darker colored sheets can help induce sleepiness. Invest in a comfortable mattress and pillows that support your sleep posture.
- **Limit Exposure to Screens:** The blue light emitted by phones, tablets, and computers can interfere with your sleep-wake cycle. Avoid screens at least one hour before bedtime. Consider using the Night Shift mode on your devices or wearing blue filter eyeglasses at least an hour before bed to reduce blue light by 98%. The glasses could have either clear or stylish orange lenses.
- **Exercise and Eating:** Regular physical activity can promote better sleep, but avoid vigorous exercise too close to bedtime. Working out in the mornings is best. Avoid heavy meals, caffeine, and alcohol close to bedtime. Alcohol may make you feel sleepy at first, but it disrupts your sleep later in the night and makes snoring worse.
- **Limit Naps:** While short power naps can be beneficial, long daytime naps can disrupt your sleep patterns. Keep it short (20-30 minutes) and try not to nap after 3pm.
- **Go Towards the Light:** Exposure to natural daylight helps regulate your body's internal clock and improves sleep quality. Spend some time outdoors, especially in the morning.



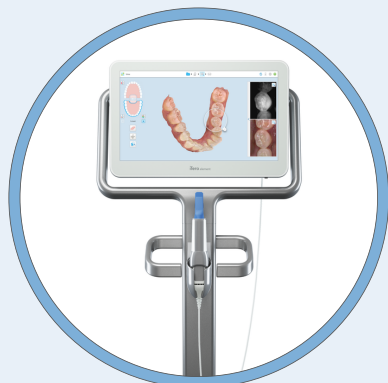
Find more oral health tips on our [Instagram](#)



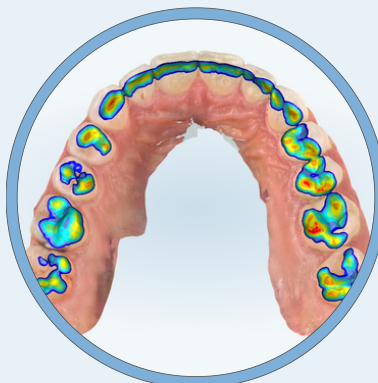
Better sleep does lead to a healthier mouth!

## What is a Digital Health Scan?

In April of 2022 we have started utilizing one of the most amazing tools in the dental industry - a digital scanner! The scanner takes a digital impression of the teeth and surrounding gums allowing us to see our patients' mouths from a very different perspective. We can use the digital impression for nightguards, whitening trays, crowns and bridges - no more goopy impression material! It has a feature called Occlusogram that allows us to see how teeth meet together when closed and find areas of high impact before teeth crack or fracture. Our annual Digital Health Scan is complimentary at our office and is integrated into your hygiene visit.



iTero Digital Scanner



Occlusogram

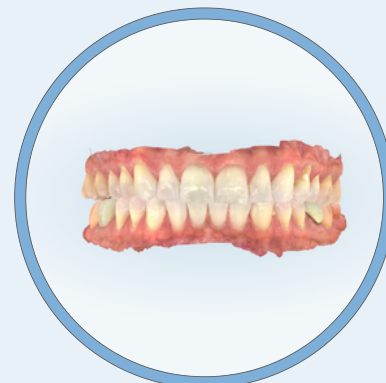


Image of scanned teeth