

ReveSleep.com Revision

SITEWIDE

<p>[Top left] [Logo graphic with link to Home] Comprehensive treatment for snoring and sleep apnea</p>	<p style="text-align: right;">[Top right] Phone: 415.233.4402 info@revesleep.com 450 Sutter (between Powell and Stockton), Suite 1610 San Francisco, CA 94108 [Delete social media] [Search box]</p>
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Snoring & Sleep Apnea Oral Appliance Therapy Insurance About

<p><i>“Dr. Silverman is a great doctor who takes the time to fully explain the diagnosis, treatment options, and patiently answer your questions in a thoughtful, caring way.”</i></p> <p>- Herman B., SF</p>	<p><i>“What a convenient way to get information on alternative treatments [to CPAP]! Dr. Silverman is helpful, personable, and clearly enthusiastic about helping folks with sleep apnea.”</i></p> <p>- Margot G., SF</p>	<p><i>“Being a patient of Dr. Silverman’s changed my sleep - and my life! - forever! No more snoring, and I am better rested than I have been in years, helping me function better every day. Wish I’d started years ago!”</i></p> <p>- Karen S., SF</p>
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Homepage - <http://revesleep.com/>

Page title: Reve Sleep | SF Bay Area Snoring and Sleep Apnea Specialists

Meta description: Reve Sleep is a dental practice in San Francisco specializing in the treatment of chronic snoring and sleep apnea.

Keywords: snoring, sleep apnea, OSA, dental appliance, oral appliance, OAT, oral appliance therapy, San Francisco, SF, SF Bay Area, partner snoring, insomnia, can't sleep, treatment, sleep dentistry, sleep specialist, stop breathing at night, obstructive sleep apnea, dr. silverman, dr. leslie silverman, dentist, dental specialist, snoring expert, sleep apnea expert, CPAP alternative

Reve Sleep is a specialized dentistry practice focusing on patients with chronic snoring and sleep apnea in the San Francisco Bay Area. We practice Oral Appliance Therapy as the first line of treatment against what's keeping you awake at night - chronic snoring and sleep apnea - because it's non-invasive, painless, customized, convenient, and effective.

Dr. Leslie Silverman and her friendly office staff have over 20 years of experience successfully treating thousands of patients just like you without bulky CPAP machines, surgery, or medication. Contact us to schedule a complimentary office consultation to help you find relief from your chronic snoring and sleep apnea.

Snoring and Sleep Apnea - <http://revesleep.com/snoringandsleepapnea/>

Page title: Reve Sleep | Treatment for Snoring and Sleep Apnea

Meta description: Learn more about the causes and treatment of chronic snoring and sleep apnea. Reve Sleep is a dental practice in San Francisco specializing in the treatment of chronic snoring and sleep apnea.

Keywords: snoring, sleep apnea, obstructive sleep apnea, OSA, dental appliance, oral appliance, OAT, oral appliance therapy, San Francisco, SF, SF Bay Area, partner snoring, insomnia, can't sleep, treatment, sleep dentistry, sleep specialist, stop breathing at night, dr. silverman, dr. leslie silverman, dentist, dental specialist, snoring expert, sleep apnea expert, CPAP alternative

SNORING is caused by an obstruction of airflow through passages at the back of the mouth and the nose. Snoring can be exacerbated by mouth structure, including a thick soft palate, an enlarged uvula, large tonsils, or a large tongue. Nasal congestion, a deviated septum, enlarged turbinates, nasal polyps, or enlarged adenoids can also obstruct airflow. Overweight people tend to snore more, particularly if there is a lot of weight around the neck. Alcohol consumption can also be a factor.

While snoring is common, it can be entirely disruptive to your sleep - or someone else's. Chronic snoring can also be indicative of Obstructive Sleep Apnea (OSA), a condition when the tongue and soft palate collapse onto the back of the throat leading to oxygen reduction during sleep.

Snoring is easily treatable with safe, non-invasive Oral Appliance Therapy - essentially, a comfortable mouthguard worn while sleeping. The first step to finding relief from your chronic snoring and sleep apnea is to contact us to schedule a complimentary one-hour consultation. New patients meet with Dr. Silverman to discuss your symptoms, customized solutions, and insurance options.

OBSTRUCTIVE SLEEP APNEA (OSA), commonly called "sleep apnea", is a serious, potentially life-threatening sleep disorder, characterized by loud and frequent snoring and repeated 10-60 second pauses in breathing during sleep. Sleep apnea stresses the body and can limit oxygen to the brain, heart, and other vital organs. Muscles relax during sleep, allowing the soft tissue of the nose and throat to collapse and block airways. The brain responds to this lack of oxygen by waking you up tens to hundreds of times per night, resulting in a fragmented, poor night's sleep -

night after night. Those suffering from sleep apnea have a higher incidence of fatigue and excessive daytime sleepiness, but also an increased risk of high blood pressure, heart attack, obesity, congestive heart failure, cardiac arrhythmia, stroke, depression, and diabetes.

Sleep apnea is more common in men, but it also occurs in women, especially during and after menopause. Excess body weight and/or a narrow airway or misaligned jaw can also increase sleep apnea risk. Airflow can be affected by large tonsils or tongue, nasal congestion or a deviated septum, or alcohol consumption.

The only way to know for sure if you have sleep apnea is to take a sleep study at home. Contact us to schedule a complimentary one-hour consultation. New patients meet with Dr. Silverman to discuss your symptoms, customized solutions, and insurance options.

Oral Appliance Therapy - <http://revesleep.com/oralappliancetherapy/>

Page title: Reve Sleep | Oral Appliance Therapy (OAT) for Snoring and Sleep Apnea

Meta description: Oral Appliance Therapy (OAT) is a safe and effective dental treatment for patients with chronic snoring and sleep apnea.

Keywords: snoring, sleep apnea, OSA, dental appliance, oral appliance, OAT, oral appliance therapy, San Francisco, SF, SF Bay Area, partner snoring, insomnia, can't sleep, treatment, sleep dentistry, sleep specialist, stop breathing at night, obstructive sleep apnea, dr. silverman, dr. leslie silverman, dentist, dental specialist, snoring expert, sleep apnea expert, CPAP alternative, CPAP

Oral appliances - dental mouthguards, similar to retainers, worn by patients with sleep apnea or chronic snoring - are now the first line of treatment for those suffering from obstructed breathing during sleep. Oral Appliance Therapy (OAT) is the selection, expert fitting, and daily use of a customized oral device worn only during sleep to maintain an open, unobstructed airway. These small and powerful devices gently position the lower jaw and tongue forward to help you breath freely as you sleep. The result is silence instead of snoring, and a restful, solid night of sleep for you and everyone else in the room.

Oral appliances are non-invasive, comfortable, adjustable, portable, custom-made for each patient, and completely FDA approved for treatment of mild, moderate, and severe sleep apnea and chronic snoring. OAT does not require surgery or medication. Since 1994, oral appliances have significantly increased oxygen saturation at night for 90% of patients. Most insurance plans cover OAT.

ORAL APPLIANCE THERAPY VS. CPAP

Continuous Positive Airway Pressure (CPAP) masks remain a prevalent and effective treatment option for snoring and sleep apnea. However, the noise, bulk, appearance, and discomfort of CPAP machines mean that 80% of patients prescribed a CPAP don't use them. By comparison, oral appliances are silent, comfortable, and offer total freedom of movement as you sleep. Patients are much more likely to use an oral appliance than a CPAP, making them more effective for long-term results.

The first step to finding relief from your chronic snoring and sleep apnea is to contact us to schedule a complimentary one-hour consultation. New patients meet with Dr. Silverman to discuss your symptoms, customized solutions, and insurance options.

Insurance - <http://revesleep.com/insurance/>

Page title: Reve Sleep | Insurance Options for Snoring and Sleep Apnea Patients

Meta description: Reve Sleep in San Francisco accepts many health care insurance plans to make treatment of chronic snoring and sleep apnea affordable.

Keywords: snoring, sleep apnea, OSA, dental appliance, oral appliance, OAT, oral appliance therapy, San Francisco, SF, SF Bay Area, partner snoring, insomnia, can't sleep, treatment, sleep dentistry, sleep specialist, stop breathing at night, obstructive sleep apnea, dr. silverman, dr. leslie silverman, dentist, dental specialist, snoring expert, sleep apnea expert, CPAP alternative, affordable, low-cost, insurance, health care, subsidized

Reve Sleep works with most major medical PPO and HMO insurance plans. If you have been diagnosed with sleep apnea, or if you take a sleep study and receive a sleep apnea diagnosis, your medical insurance plan should cover some or all of your Oral Appliance Therapy costs.

Phone our office at 415-233-4402. The first step to finding relief from your chronic snoring and sleep apnea is to contact us to schedule a complimentary one-hour consultation. New patients meet with Dr. Silverman to discuss your symptoms, customized solutions, and insurance options.

About Us - <http://revesleep.com/about-us/>

Page title: Reve Sleep | About Us | Dr. Leslie Silverman

Meta description: Reve Sleep, lead by Dr. Leslie Silverman, is a dental practice in San Francisco specializing in the treatment of chronic snoring and sleep apnea.

Keywords: snoring, sleep apnea, OSA, dental appliance, oral appliance, OAT, oral appliance therapy, San Francisco, SF, SF Bay Area, partner snoring, insomnia, can't sleep, treatment, sleep dentistry, sleep specialist, stop breathing at night, obstructive sleep apnea, dr. silverman, dr. leslie silverman, dentist, dental specialist, snoring expert, sleep apnea expert, CPAP alternative

Dr. Leslie Silverman is a dental specialist in sleep related breathing disorders, including snoring and Obstructive Sleep Apnea (OSA), using Oral Appliance Therapy (OAT). Reve Sleep is one of only three dental sleep specialists in San Francisco. Dr. Silverman is one of just a few dozen dental sleep specialists in the country. For over a decade she has taught numerous highly acclaimed educational seminars to dentists throughout the United States.

Dr. Silverman made her first oral appliance to treat her father's severe OSA in 1994. He hated using the CPAP machine, reporting that it was confining, suffocating, and uncomfortable, and that it left visible marks on his face. The "cure" was as bad for his sleep as the problem! A colleague suggested that she make him an oral appliance to treat his nighttime obstructed airways, and it changed his life forever. Silverman's father saw immediate and effective results, and he still happily wears this same device for sleeping today. The field of OAT has grown tremendously since then, and Dr. Silverman has been at its hub. This passion for helping patients - now numbering in the thousands - build better health through better sleep fuels her work every day.

Silverman is a graduate of The University of Michigan Dental School. She completed her general practice residency at the Denver VA hospital and an AEGD residency at The University of the Pacific, San Francisco, California. She continually advances her clinical skills, experience, and knowledge of the most advanced techniques in the area of dental sleep medicine. To deepen her expertise, she has completed three clinical mini-residencies in dental sleep medicine with Dr. Gail Demko, Dr. Jonathan Parker, and the University of California Los Angeles mini-residency.

Dr. Silverman only works with FDA-approved oral appliances recognized by the American Academy of Dental Sleep Medicine as a first line treatment for mild, moderate, and severe OSA. She prescribes these appliances alone or in combination with other treatments for sleep apnea, such as CPAP. It is Dr. Silverman's goal to help patients live a healthier life with relaxed, restful sleep.

Professional affiliations

American Academy of Sleep Medicine (AASM), American Academy of Dental Sleep Medicine (AADSM), American Dental Association (ADA), California Dental Association (CDA)

