

Personalized service  
you expect and  
the smile you've  
always wanted.



## Family Dental Services

At Angwin Dental your positive dental experience goes beyond exceptional clinical skills and state-of-the-art equipment. Our long lasting patient relationships are built on mutual trust and open communication.

We believe in preventive dentistry. Our specially trained staff is committed to providing the highest level of dental care using leading techniques and technology.

### Enhanced Dentistry Through Technology

- Digital X-rays
- Dental Laser
- Intra-oral Camera

### Services

- Complete Family Dental Care
- Cosmetic Dentistry including Smile Makeovers
- Prosthetics, Implants and Dentures
- Periodontal Care
- TMJ Evaluation and Treatment
- Night Guards and Oral Splint Therapy

## Schedule an Appointment

Please call (707) 965-2479

## Visit Us Online

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

## Family Dental Care

Serving Napa, Sonoma, Lake and Solano counties, Angwin Dental provides the highest level of personalized family dental care combining 35 years of dental expertise with today's state-of-the-art techniques and technology.

## Dental Sleep Solutions

Certified in dental sleep medicine, Dr. Williams is specially trained to use oral appliance therapy in treating Snoring and mild-to-moderate OSA.

Our professional team is committed to maintaining an exceptional level of patient care in a compassionate, family-friendly environment.

MAJOR MEDICAL INSURANCE ACCEPTED  
SE HABLA ESPAÑOL



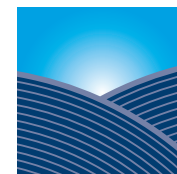
**ANGWIN  
DENTAL**  
FAMILY DENTAL CARE

(707) 965-2479 office  
(707) 965-0427 fax

P.O. Box 307  
41 Angwin Plaza  
Angwin, CA 94508

**ANGWIN DENTAL**  
FAMILY DENTAL CARE

Comprehensive care  
Family values.  
35+ years experience



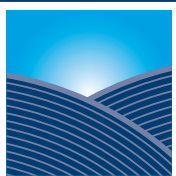
**NAPA VALLEY  
SLEEP SOLUTIONS**  
ROBERT C. WILLIAMS, DDS FAGD



# ANGWIN DENTAL

FAMILY DENTAL CARE

For more than 35 years, Angwin Dental has provided the highest level of comprehensive dental care for the whole family. Through advanced techniques and technology, we enhance your dental health, improve your smile and extend the life of your teeth.



## NAPA VALLEY SLEEP SOLUTIONS

ROBERT C. WILLIAMS, DDS FAGD



Dr. Robert Williams specializes in providing patients with dental solutions for Snoring and mild-to-moderate Sleep Apnea.

Dr. Williams creates custom removable oral appliances to reduce and eliminate Snoring.

Certified to treat advanced sleep disorders, Dr. Williams evaluates each Snoring patient for Sleep Apnea. He works with sleep specialists to provide oral appliance therapy for patients who are CPAP intolerant.



## Snoring and OSA

### Snoring

An estimated 40% of adults over age 40 snore. Snoring occurs when the jaw opens and the tongue falls into the back of the throat, forcing air through the narrower opening. The pressure causes sound vibrations in the throat. Snoring is more common in obese patients, the elderly and individuals with loose tissue in the mouth or nasal area.

### Obstructive Sleep Apnea (OSA)

For over 20 million people in the U.S., loud snoring is a sign of Obstructive Sleep Apnea (OSA). Occurring during normal sleep, OSA is when you stop breathing for 10 seconds, more than 5 times a night. Disrupted breathing causes an imbalance in carbon dioxide and oxygen levels, and the brain wakes up the body to restart breathing.

OSA occurs during sleep when the windpipe is blocked by one's uvula, tonsils, tongue, throat muscles or loose tissue. Symptoms include early morning headaches, daytime dozing and insomnia. Linked to a series of serious conditions including heart disease, hypertension and strokes, OSA should be evaluated by a certified sleep medicine dentist.

### THE FACTS

- 90% of sleep apneics remain undiagnosed and untreated
- Risk of sleep apnea in women greatly increases after menopause
- Pregnancy may also be a time of particular risk for women
- 2 to 3% of all children have OSA

## Napa Valley Sleep Solutions

Dr. Williams is specially trained and certified to evaluate, diagnose and treat Snoring and mild-to-moderate Obstructive Sleep Apnea (OSA). We offer different dental treatments depending on the sleep disorder, degree of severity and patient's overall health.

### Mandibular Advancement Splint

For over 95% of snorers, Dr. Williams can eliminate snoring using a custom-fitted oral appliance called a Mandibular Advancement Splint (MAS). The forward movement of an MAS tightens the upper airway, preventing obstruction while you sleep. It also prevents the tissues of the upper airway from vibrating and causing the loud "snoring sound."

### CPAP Mask

Standard treatment for OSA patients is a CPAP mask. While proven effective, the CPAP is not tolerated by more than 20% of patients.



### Oral Appliance Therapy



For mild-to-moderate OSA, Dr. Williams employs oral appliance therapy. Proven effective, the oral device advances the lower jaw in a more forward position to prevent the tongue from blocking the main air passage. It is comfortable to wear, convenient to travel with, and often helps patients avoid the CPAP mask and unwanted surgery.