

## TMJ, HEADACHES & MIGRAINES SNORING AND SLEEP DISORDERS

Ron Perkins, DDS, MSD

Do you suffer from frequent headaches or migraines or have trouble sleeping, including snoring or sleep apnea? TMJ problems, which are often related to headaches, are a strong symptom of a sleep disorder, where a patient is clenching or grinding their teeth during the night. Dr. Ron Perkins has been successfully treating patients with TMJ-related problems for many years, and has drastically increased his success rate to more than 96 percent by using a modified oral sleep appliance to treat the TMJ and sleep problems. He is treating the CAUSE of the TMJ problem rather than just the SYMPTOMS.

Many people suffer needlessly, even though the diagnosis and treatment is simpler than you might think. If you grind or clench your teeth there's a strong possibility you may have one or more of these problems, which will continue to get worse throughout your lifetime. Common symptoms like depression, high stress, anxiety, cognitive problems, night sweats, acid reflux or indigestion, fibromyalgia, and many types of headaches can be related to interrupted sleep.

### THE RIGHT APPROACH

Too often, the SYMPTOMS of sleep disorder are being treated and not the real CAUSE. For example, high blood pressure, acid reflux, indigestion, and other common symptoms of sleep disorders, are usually treated with medications.

Many patients are taking strong drugs for headaches and poor sleep, which mask SYMPTOMS and don't address the CAUSE of their pain and suffering.

"I see many patients who have suffered from childhood with early symptoms of sleep disorders, as it is well known that these sleep problems are inherited and start at birth. Recent studies have shown



best of WINNER

that if adenoids and tonsils are removed by age three, there is much less chance of a child developing ADD, ADHD, and other cognitive problems. When I was practicing orthodontics, I believed in early treatment to improve the airway, and noticed children were much healthier when I helped move lower jaws forward, and expand upper and lower jaws for more tongue space. I now strongly believe early orthopedic treatment will drastically reduce the number of people with sleep disorders. If your child snores, is often tired or cranky, is a restless sleeper, has dark circles under their eyes, wets the bed, has frequent bad dreams, or even is a mouth breather or has a retrusive lower jaw, it is very probable that child has a sleep disorder. Even with two or three of these symptoms, a sleep problem is possible."

### CUSTOMIZED SOLUTIONS

Dr. Perkins custom fits each patient with an appliance that has the highest success rating of all the oral appliances in the industry. It's custom made and fitted specifically to each patient's needs, making it much more comfortable and easier to wear. Most patients realize major improvements in the way they feel within a few days to a few weeks.

*Dr. Perkins understands his patients' struggles because he himself has suffered from sleep apnea. This treatment has become his life passion and mission.*

If you have tried other options like CPAPs, oral appliances, bite splints, night guards, or even surgery without success, then the TMJ Balanced Appliance from Dr. Perkins may be right for you.

**TAKE A TMJ OR SLEEP DISORDER SURVEY AT PERKINSTMJSLEEP.COM AND GET A FREE PHONE CONSULT FROM DR. PERKINS!**

### CONTACT

Dr. Ron Perkins  
TMJ, Headaches & Migraines  
Snoring & Sleep Disorders  
1010 W. Ralph Hall Pkwy, Suite 101  
Rockwall, TX, 75032  
(972) 722-2200  
perkinstmjsleep.com