

DO YOU SUFFER FROM ANXIETY, HEADACHES OR JAW PAIN?

It is very possible that the cause is poor quality, interrupted sleep which is causing stress reactions with excessive stress hormones damaging your brain and body. Any one of these symptoms could be a sign of poor quality sleep which often results in high anxiety.

1. Do you **CLENCH** or **GRIND YOUR TEETH**?
2. Does your **TMJ** or **JAW JOINT HURT IN THE MORNING**?
3. Do you have **TMJ** or **MIGRAINE HEADACHES**?
4. Do you have **EAR FULLNESS, RINGING** or **DIZZINESS**?
5. Are you a **RESTLESS SLEEPER** or have **INSOMNIA**?
6. Do you **WAKE UP TIRED** and **UNREFRESHED**?
7. Do you ever **SNORE** or **STOP BREATHING**?
8. Do you ever have **NIGHT SWEATS**?
9. Do you have **HIGH BLOOD PRESSURE**?
10. Do you have **FIBROMYALGIA** or **NECK PAIN**?
11. Do you have **INDIGESTION** or **ACID REFLUX**?
12. Do you ever feel like you have **BRAIN FOG**?

THESE PROBLEMS CAN BE TREATED WITHOUT DRUGS !!



**TMJ, HEADACHES & MIGRAINES,
SNORING & SLEEP DISORDERS**

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2017-2018-2019

Thank you to the community for voting
Dr. Ron Perkins
Best TMJ Dentist and Best Sleep Doctor!
(2017-2018-2019) (2017 & 2019)