

Publication: Read.
Date: April 12, 2015
Page: 12
Circulation: 75,000

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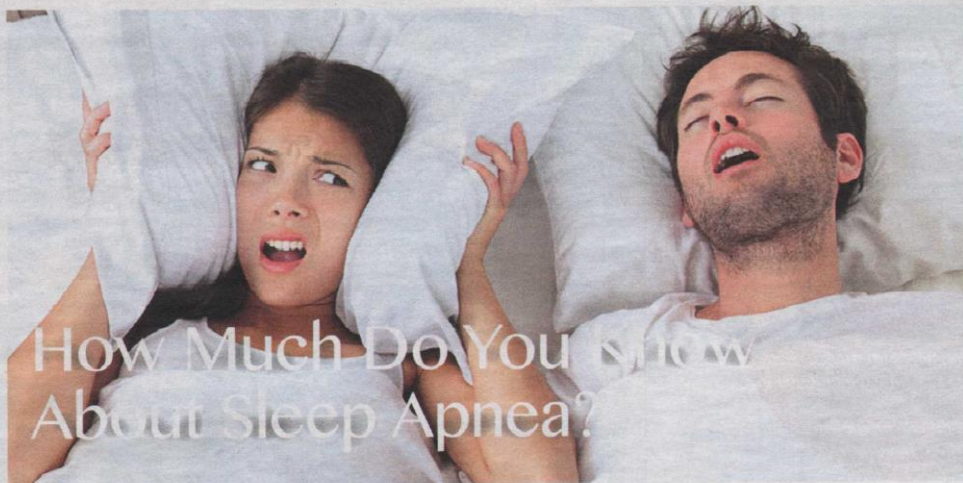
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How Much Do You Know About Sleep Apnea?

By Dr. Jocelyne Charest
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Heavy snoring, gasping air during the night, day time sleepiness, frequent arousal during sleep, irritability or depression. These signs and symptoms are most often associated with people suffering from Sleep Apnea, often referred to as Obstructive Sleep Apnea (OSA).

Risk Factors and Treatment Options

Sleep apnea has major implications in incidences of high blood pressure, heart attack and stroke, memory impairment, fatigue and related road traffic accident. People suffering from moderate to severe OSA are three times more likely to suffer from a stroke or heart attack.

A variety of treatment options are available for OSA sufferers depending on the severity level of the OSA and a Sleep Study must first be done to confirm whether an OSA condition exists. For severe cases of OSA, treatment prescribed is the CPAP (Continuous Positive Airway Pressure). In 2006, the American Academy of Sleep Medicine introduced the option of an oral dental appliance for mild to moderate cases of OSA.

It is important to note that there can be side effects to wearing an oral appliance. One of the most frequent is Temporomandibular Joint Disorder (TMD), which is why before an appliance is fabricated, a thorough neuromuscular examination of the head, jaw and neck shall be performed.

What about snoring?

Snoring can be a huge problem and it is estimated that as high as 23% of couples are not sleeping together because of this. Around 9% of men and 4% of women show both signs and symptoms of OSA, but although all people who snore do not have sleep apnea, 96% of all sleep apnea people do snore.

How to get the best help for OSA and Snoring

As a Neuromuscular Dentist, I fabricate tailored appliances for patients who have been diagnosed with mild and moderate stage of sleep apnea, or as an alternative to wear at night for those that are intolerant to the CPAP. Each patient receives additional attention as neuromuscular tests are performed to fabricate sleep appliances in the most comfortable position. We construct each appliance in the neuromuscular dentistry position, making sure your temporomandibular joint is properly aligned for a more harmonious state while you sleep.

How to fall asleep faster

No annoying noises

Usually people suffering from insomnia lose the inability to sleep by any soft or loud noise. Starting from the ticking of the clock reaching to a snoring husband. The best way to help get rid of these distractions is to tune it all out with some relaxing soundtracks. You can find many specialized for sleeping!

Prepare your body for relaxation

One of the best ways to feel sleepy is to have a soft massage. If you do not have the chance to go to a spa or have it done for you. You can always do it yourself. Start by curling your toes tightly for a minimum count of seven, and then relax. Repeat through each muscle group the same way, starting from your toes to your neck.

Keep your daily routine

A disruption of your daily routine can surely affect your biological sleep cycle and therefore reduce your ability to fall asleep. To help keep track of your daily major changes, you can always have a sleep log where you take notes of the major biological events in your day. For example, the amount of caffeine you had, or what you ate, what time you went to bed and for how long have you slept.

Keep it cold

People usually fall asleep faster in a cool room temperature, and more precisely at a room temperature around 65 degrees F or lower. If night sweats are stopping you from falling in deep sleep, have a better control on your AC, try a cooling mattress pad or moisture-wicking sheets.

Remedies from nature

Before rushing to the pharmacies to buy sleep medications, try drinking hot natural sleep remedies before bed. They do not only help you fall asleep faster but also helps you sleep for a longer period, they also promote body muscle relaxation.

Baked Tomato and Egg cups

Serves: 3
Prep time: 5 mins
Cook time: 7 mins
Total time: 12 mins

Ingredients

- 3 large tomatoes, halved and seeded
- 6 eggs
- salt and pepper to taste
- fresh herbs
- toasted bread for serving

Instructions

- Preheat oven to 450°
- Place tomatoes on a baking sheet. You might need to slice a tiny bit off

the bottom of each tomato to keep them level on the pan.

- Crack eggs and gently place in the cavity of each tomato.
- Season with salt and pepper. I added dried red pepper flakes for a little heat.
- Bake for 6-7 minutes if you like your eggs runny, 8-10 for soft set.
- Remove from oven and top with fresh chopped herbs.
- Serve as is or on top of a crusty piece of toasted bread. This is also wonderful stuffed into a toasted bagel.

