

Tired of CPAP? There are More Comfortable Alternatives to CPAP in Your Future.

Patients who have tried CPAP and cannot tolerate it have a comfortable alternative. Oral appliances made by sleep apnea dentists treat sleep apnea with no hose, no mask and no CPAP!

Sleep Apnea is a dangerous medical condition that can lead to a six-fold increase in heart attacks and strokes. Patients with untreated sleep apnea have a six fold increase in motor vehicle accidents as well as numerous medical problems. Snoring is the number one warning sign of potential apnea. A new website <http://www.ihatecpap.com> supplies information on sleep apnea and the treatment of sleep apnea. CPAP is considered the gold standard of treatment but only 23-45% of patients actually use CPAP on a regular basis.

Dental Sleep Medicine is the science of treating sleep apnea and snoring with comfortable oral appliances. Dr Ira L Shapira is well known for his treatment of TMJ Disorders, Sleep apnea and snoring. He is a Diplomate of the American Board of Dental Sleep Medicine, a Diplomate of the American Academy of Pain Management and a Fellow of ICCMO, the International College of Cranio-Manibular Orthopedics. Dr Shapira is a former Assistant Professor at Rush Medical School where he did research into jaw position and sleep apnea in the 1980's. He has treated thousands of Sleep Apnea, Snoring, and headache patients for over thirty years.

He formed I HATE CPAP LLC to promote Dental Sleep Medicine to sleep apnea patients. His website <http://www.ihatecpap.com> has helped hundreds and hundreds of sleep apnea patients find sleep apnea dentists across the United States. If you are sick and tired of using CPAP or if you do not use cpap as prescribed by your sleep physician contact Dr Ira L Shapira Toll Free at 1-8-NO-PAP-MASK OR THRU HIS WEBSITE WWW.IHATECPAP.COM.

Dr Shapira is also the dental section editor of Sleep and Health Journal and he recommends that sleep disorder patients consult this patient oriented journal. It can be found online at <http://www.sleepandhealth.com>.

Patients with chronic daily headaches and TMJ Disorders in Northern Illinois and Wisconsin can learn more about Neuromuscular Dental treatment at www.ihateheadaches.org.

<http://www.ihatecpap.com>