

McKinney & Prosper

SEPTEMBER 2020

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L I F E S T Y L E TM

Style
WITH A
PURPOSE



PROFESSIONAL
DESIGNERS AT
YOUR SERVICE

EVERYONE
DESERVES A GOOD
NIGHT SLEEP

QUALITY AND
STYLISH JEWELRY

LOVE LIFE STYLE

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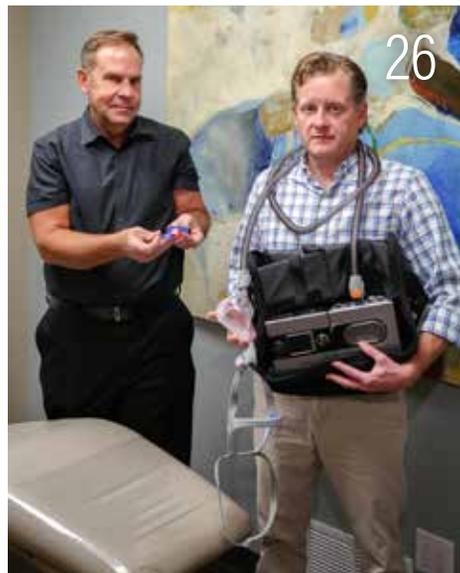
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COMPREHENSIVE SLEEP SERVICES



Dr Cook, Bill, Steven, John. Front Brianna and Erin

ARTICLE KAYLENE MATHEWS | PHOTOGRAPHY ALYSSA CARMAN

BECAUSE EVERYONE DESERVES A GOOD NIGHT SLEEP

DO YOU WAKE UP TIRED, WANDER THROUGH THE DAY HALF-AWAKE ONLY TO FALL INTO BED FOR ANOTHER FITFUL NIGHT OF SLEEP?

Are you plagued by morning headaches? Or perhaps you lie awake listening to the one you love snore so loudly you can't get any sleep yourself. There is a better way to live. It's possible to consistently get a full night's sleep, wake up rested with abundant energy, and a clear mind so you can be productive and live life fully. Comprehensive Sleep Services has the solution and best of all it is covered by your in-network medical benefits.

In America, it is estimated that more than 70 million people are affected by some form of a sleep disorder. One of the most common is Obstructive Sleep Apnea or OSA. This sleep-related breathing disorder causes the body to stop breathing during sleep because the muscles inside the throat relax. This causes the tongue to fall back and block the airway, keeping air from getting into the lungs. The blockage of the airway can happen up to several hundred times per night. Conservative estimates show that Obstructive Sleep Apnea affects roughly 20 million Americans per year.

OSA can occur in men and women of any age, and it is most common in overweight, middle-aged men with a neck size of 17.5 inches or greater. There is a strong relationship between weight and OSA. The neck gets thicker as weight is gained. This increases the level of fat in the back of the throat, thereby narrowing the airway.

Many people with OSA also have Systemic Hypertension (high blood pressure). This is observed in 50-70% of patients with OSA. Several extensive cross-sectional studies have demonstrated that OSA is a risk factor for developing hypertension, independent of obesity, age, alcohol intake, and smoking. OSA is as prevalent as diabetes, but only a fraction of those suffering do anything about it.

In the past, the only way to receive a diagnosis of OSA would be to visit your primary care physician, who would refer you to an ENT or Sleep Specialist. You would then be referred to an "in-lab" sleep study facility. Upon completion of the study, you would then visit a Durable Medical Equipment supplier who would give you a CPAP (Continuous Positive Airway Pressure) device to use at night. The challenging diagnosis and treatment process has caused many people to live with their problem versus going through the pain of getting help.

Comprehensive Sleep Services (CSS) has changed all of that. CSS is a one-stop experience for patients. When you visit CSS, you don't have to spend even one night away from home. During your initial visit CSS explains how to use the home sleep test for you to utilize in the comfort of your own bed. This enables you to sleep more naturally, improving the accuracy of your test results. Once you complete your sleep study, you send the home sleep test back to CSS, where a Board-Certified Sleep Physician reads and interprets the data for a complete diagnosis.

After a diagnosis of OSA, Comprehensive Sleep Services coordinates with one of their partner sleep-trained dentists to customize an oral appliance solution for you. The treatment is similar in appearance to a retainer and is worn while you sleep. The therapy prevents the conditions that cause airway blockage by holding the tongue or jaw in a forward position, keeping the soft tissues at the back of the throat out of the airway. Satisfied customers say that the appliance feels similar to a mouth-guard and is quite comfortable, especially when compared to the cumbersome and claustrophobic CPAP.

Oral appliances have been around for years, and the solutions offered by Comprehensive Sleep Services are time tested and proven. CSS has streamlined the process in order

CONTINUED >



Mr. John Truitt

**“WHEN YOU VISIT
CSS, YOU DON’T
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FROM HOME.”**

to make it easy and affordable for patient. The entire experience is painless and may cost very little for the patient after in-network benefits costs are covered. CSS works with all major insurance companies and handles all the administrative details with your insurance company, so you don't have to.

Co-founder and Chief Dental Officer Dr. Ronald L. Cook, DDS graduated from Baylor University in 1984 with a B.S. in Biology and Baylor College of Dentistry in 1988 with a Doctor of Dental Surgery. He is dual licensed in the states of Texas and Oklahoma. He is a member of the American Dental Association, the American Academy of Dental Sleep Medicine, an American Breathing and Sleep Academy diplomate. He has been in private dental practice since 1989 and full-time dental sleep medicine since 2012.

Comprehensive Sleep Services Co-founder and CEO John Truitt studied Liberal Arts at

the University of North Texas and Emergency Medicine at the US Army Academy of Medical Sciences. Truitt continued his education in dental sleep medicine, orthodontics, chronic pain management, TMJ, and maxillofacial orthopedics under the tutelage of many world-renowned clinicians. Truitt's education, combined with his international business experience, gives him a broad perspective and deep understanding of the market.

Truitt is also the founder of the *On the Spectrum Foundation*. This non-profit organization advocates Autism spectrum talents through self-discovery and social education through the identification, diagnosis, and treatment of adults with Asperger's Syndrome.

To learn more about how Comprehensive Sleep Services can help you and restore harmony in your home, visit comprehensivesleepservices.com, or call 855-672-4672.



Dr. Ron Cook