

Dr. Douglas B. Phillips

Complete Care For
Confident Smiles



Douglas Phillips, DDS • Kent Rogers, DDS

Are you at risk for health problems due to heavy snoring or sleep apnea? Take this 8 question test:

- Do you have difficulty falling asleep at night?
 YES NO
- Do you wake up feeling tired?
 YES NO
- Do you wake up with a headache?
 YES NO
- Are you frequently sleepy during the day?
 YES NO
- Have you been told you are a heavy snorer?
 YES NO
- Have you been told you stop breathing during sleep?
 YES NO
- Do you have periods of confusion or memory lapses?
 YES NO
- Are you irritable during the day?
 YES NO

If you answered YES to any of the above, you'll be relieved to know that snoring can be greatly reduced and sleep apnea is treatable, often non-surgically. Dr. Phillips is trained in treatment to halt most snoring and sleep apnea conditions. He can discuss these options with you during a consultation appointment. During this visit, he will explain the simple, comfortable remedies to help you overcome this problem and regain restful sleep.

To arrange a consultation, call (828) 254-1944 or toll free 1-877-254-1944.