



Why choose LifeGuard Sleep Solutions?

Saving lives by night. Enhancing lives by day.

LifeGuard Sleep Solutions was founded on the simple idea that everyone deserves a life where sleeping shouldn't do harm, but heals.

Your quality sleep is at the center of everything we do - from our top board-certified doctors, support team and technology; it's all here, for you.

Let us help you sleep well. So you can live well.



A simpler experience.



Quality doctors means quality sleep.



Real value and convenience.

Innovating. For today.

We've made it simple for you to sleep well.

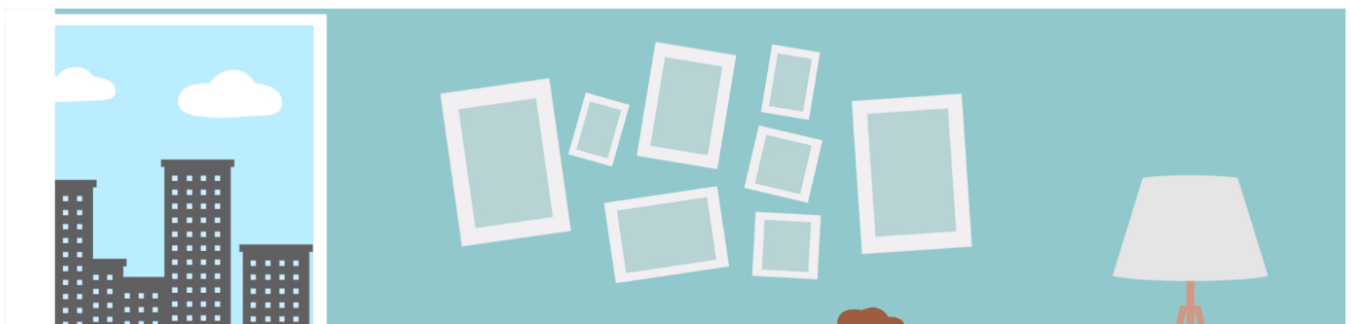
Welcome to healthcare that fits your life. Get access to top sleep doctors without leaving your home, your job or wherever you are.

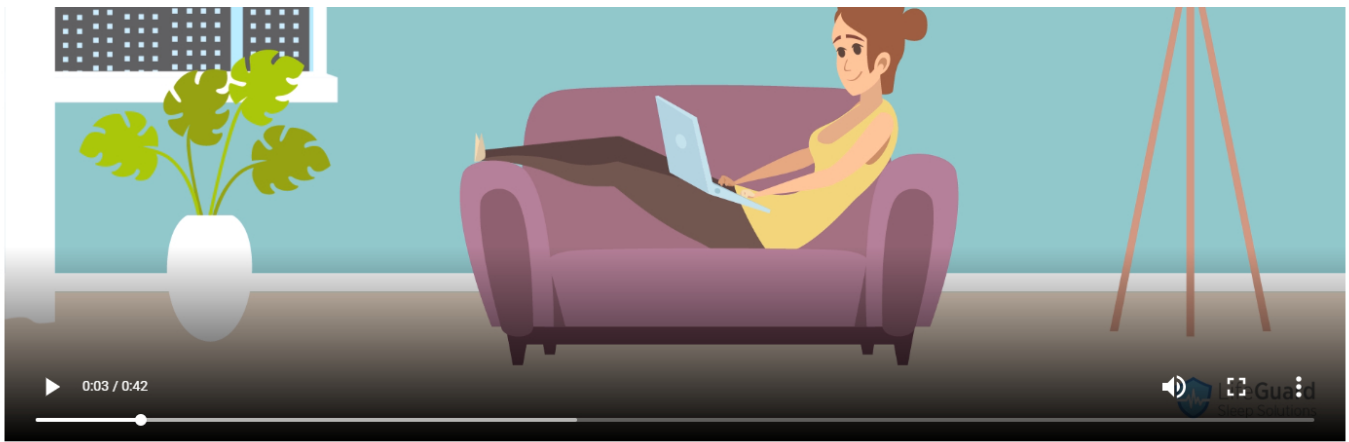
Find out how easy it is to receive affordable, quality care while saving you time, energy and money.



Using LifeGuard is as easy as 1, 2, 3.

Getting the sleep you need has never been simpler.





Step 1

Meet a doctor.

Meet with a top board-certified sleep doctor virtually. Without leaving your home, job or wherever you are.

Step 2

Get tested from home.

No more leaving your home to get tested. Sleep from the comfort of your home. Tests are easy, convenient and reliable.

Step 3

Get treated.

When you're all set and ready for treatment, we'll help you coordinate a visit to a local LifeGuard facility to get your oral appliance

Be informed. Be empowered. Sleep soundly.

Sleep apnea is a condition that affects the way you breathe when you're sleeping. In untreated sleep apnea, breathing is briefly interrupted or becomes very shallow during sleep. These episodes typically last between 10 to 20 seconds and can occur up to hundreds of times a night. **85% of people suffering with sleep apnea unfortunately do not realize they have it or have not been diagnosed.**

Here's a list of some symptoms and health issues related to sleep apnea. If you or any of your loved ones are experiencing these issues, please get in touch. We're here to help.

Symptoms and Health Consequences Symptoms:

- Loud snoring
- Pauses in breathing
- Abrupt awakenings
- Gasping for air
- Frequent trips to urinate
- Morning dry mouth
- Daytime Fatigue/Tired
- Headaches and migraines
- Attention & memory problems
- Trouble staying asleep
- Irritability

Related Health Consequences:

- High blood pressure
- Acid Reflux
- Obesity
- Daytime drowsiness
- Diabetes
- Insomnia
- Depression & Anxiety
- Erectile Dysfunction
- Stroke
- Heart Attack
- Cancer
- Early Death

[Get Started](#)

What is LifeGuard Sleep Solutions?

- **For mild to moderate sleep apnea, oral appliance therapy offers many of the same health benefits as CPAP:** By treating your sleep apnea, you can reduce your risk for heart disease, stroke and diabetes. You will also improve your daytime alertness, concentration and emotional stability.
- **Ease of use:** Some patients prefer oral appliances because they can be easy to wear. For most patients it takes a few weeks to get used to sleeping with an oral appliance in your mouth.
- **Small and easy to transport:** Traveling with your sleep apnea treatment is easy with an oral appliance therapy. Unlike CPAP, oral appliances are small enough to fit in your purse or carry-on bag.



ORAL APPLIANCES

Oral appliance therapy is a popular first-line treatment option for those with mild-to-moderate OSA. Oral appliances fit in the mouth like a night guard or sports guard. These appliances are custom fit and worn while you sleep. They prevent the tongue and other soft tissues from collapsing... [Read more](#)

CPAP

A Continuous positive air pressure machine, or CPAP, is the standard OSA treatment and the most common choice for most sufferers. It consists of a special pump that pushes air through tubes that are connected to a face or nasal mask. The positive air pressure keeps nasal passages and airways... [Read more](#)

SURGERY

Surgery is not a first line treatment for those with OSA, but it can be an option for those who do not respond to more conservative therapies, such as an oral appliance or CPAP machine. Several types of sleep apnea surgeries are available and generally chosen based on a patient's... [Read more](#)

We make it easy and affordable. Rest assured.

Most insurances accepted



blue of california

Humana. Cigna.

UnitedHealthcare

Get approved in minutes



Easy, low monthly payments.



Testimonials

See what patients are saying about the technology.



Happy Camper!

Before I found my sleep dentist I was sleeping with my CPAP device. This posed several problems for me. Most are the obvious... [Read more](#)

- Derek



So easy and convenient.

For years I fought with my CPAP. I literally tried 15 masks and I will never ever go back to CPAP after discovering SomnoDent... [Read more](#)

- Izy



I'm a believer.

Although a bit reticent at first in the use of this tool, once I began using it and finding out how good a night's sleep I could... [Read more](#)

- Boris



Best customer service.

After being diagnosed with severe sleep apnea, my doctor prescribed CPAP. It was extremely uncomfortable to me and despite many... [Read more](#)

- Jennifer



Changed my life!

I had been diagnosed with severe sleep apnea about four years earlier with an Apnea Hypopnea Index (AHI) number of 46. The first... [Read more](#)

- Steven

Get back to sleeping and feeling better.

[Get Started](#)

Frequently Asked Questions

▼ If I snore do I have sleep apnea?

▼ What is obstructive sleep apnea?

▼ How do oral appliances work?

▼ Are Oral Appliance Comfortable?

▼ Is LifeGuard Sleep Solutions safe and private?

▼ I have a question that isn't listed here. Can you help me?

