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Sleep Treatment

As dentists we treat sleep apnea with oral appliances and solve snoring, tiredness, and CPAP comfort problems.

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Send us a message, and we will contact you to arrange a free consultation:

Name *	Message
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Send

We service the following areas of greater Houston, TX: Sugarland, The Woodlands, Pearland, Missouri City, Kingwood, Spring, Atascocita, Humble, Tomball, Montgomery, Bellaire, Katy, Cinco Ranch, Magnolia, Richmond, and others.





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Providers

We work with **physicians** and **dentists** to treat patient with obstructive sleep apnea using **mandibular advancement devices**. We provide **teledentistry** services to patients and can provide a model of care that will fit with your needs. If you feel that we could help your patients please feel free to call or contact our office.

If you would like to **refer your patient** please fill out the following form using a computer:

Referral Form

Referring office information:

Patient information:



Purpose of referral:

- Fabricate OSA oral appliance
- Provide dual/combination therapy with CPAP
- Screen for OSA (home sleep study)

Consult only

Other

Referral Description

To better serve your patients please upload medical insurance, clinical documentation, dental radiographs (if available), previous sleep tests, or any other documentation. If you would prefer to email the information please send to info@spiradental.com.

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Namrata Singh, DDS, FICOI



Namrata Singh, DDS is a native Texan. She was born in Dallas and soon moved to Houston where she attended high school in the Northwest side of Houston. After graduation from high school, she attended The University of Texas at Austin where she earned her B.B.A. at the McCombs School of Business. Upon completion of her undergraduate degree, she packed her bags and moved to Los Angeles to attend the University of Southern California, [Herman Ostrow School of Dentistry](#) to fulfill her dreams to become a dentist! During this time she cultivated her **love for dentistry** and first learned the relationship between the quality of sleep, airway, and the dentist's role in identifying an obstructed airway. Upon completion of her training she was excited to move back to her hometown of Houston, Texas to serve the community dear to her heart.

Medicine is in her blood- she was surrounded by physicians throughout her upbringing. Her father, a Neurologist, studied the medicine of sleep and would discuss the importance of a quality restful night of sleep, circadian rhythms, and many other sleep related topics. This familial foundation was the impetus to her finding her passion for a dentist's role in treating sleep apnea.

On a personal note, she and her husband enjoy traveling, a good cafe latte, and spending time with their family; especially their niece! While having a conversation with Dr. Singh, people recognize her sincerely relatable demeanor and focus on patient education. She believes in continually improving and setting goals in her personal and professional life with a focus on **quality patient care**.



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Aaron Glick, DDS, FAGD, FICOI



Dr. Aaron Glick graduated in the top 10 percent of his class from the [University of Texas Health Science Center at San Antonio](#) Dental School. Prior to dental school, he graduated cum laude from Brandeis University majoring in Neuroscience, Psychology, and Biology with a minor in Chemistry. As a dentist he has achieved a Fellowship in General Dentistry from the Academy of General Dentistry, a distinction that less than 10 percent of dentists hold. Aaron Glick, DDS is a **qualified dentist** through the [American Academy of Dental Sleep Medicine](#), a distinction provided for his specialized knowledge of oral appliance therapy. He has been nominated for the National [Top 10 Dentists Under 10](#) through the American Dental Association. He also a part-time professor at UTHealth School of Dentistry where he **teaches sleep apnea treatment** to dentists and dental students.

Dr. Glick's passion is helping patients achieve **restful sleep** to transform lives. His priority is to make patients feel as comfortable as possible during each visit - whether you meet us from the comfort of your own home or at your physician/dentists office. Outside of the office Dr. Glick enjoys spending time with his wife and daughter.



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CPAP Machine

While we do not fit or adjust CPAP machines, we offer an **alternative solution to CPAPs**. In some cases, we can make a custom mouth retainer so you do not need to use a CPAP anymore. In other cases (typically more severe sleep apneas), we work with your sleep physician to allow the CPAP to be more comfortable while you are wearing an oral device.

Either way we try to make the treatment of sleep apnea more **effective and comfortable** so you will be able to wear something at night to live a longer, healthier life!



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Teledentistry

We use the latest technology to connect with our patients. With such a busy life we can meet with you **virtually** through your computer or mobile device limiting the number of times you need to miss work or travel to an office.

We are in the forefront of the **teledentistry** field. It is very easy to connect with us for your first free online visit. Simply go to our contact page and fill out your information. The first appointment is free to learn more about our services!



Fitting Oral Appliance

To make an oral appliance we will make a mold of your teeth and tooth-supporting structures. The model of your teeth will allow us to create a **custom fit retainer** to treat your sleep apnea.

Typically minimal adjustment is needed when fitting your oral appliance since the device is custom fitted to your teeth. As you wear your device we will follow up with you to make sure you are getting comfortable sleep.



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Sleep Study

A sleep study is the first step to see if you have sleep apnea. There are two types of sleep studies: 1) **Lab** sleep study and 2) **At-home** sleep study. You and your sleep physician can talk about what would work the best for your case. Lab sleep studies will typically record more information to rule out other potential sleep issues. Home sleep studies record less information, but can be used in the comfort of your own home.

After fitting our oral appliance we will do a **follow-up** sleep study to ensure that we have adequately fixed the sleep apnea or snoring.



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Oral Appliance Therapy

Oral Appliance Therapy is an alternative treatment option to sleep apnea.

Obstructive sleep apnea happens when there is a blockage of the airway during sleep. The lack of oxygen while sleeping causes many health problems including high blood pressure, obesity, diabetes, heart disease, and behavioral changes among others. Many people with sleep apnea can experience tiredness, snoring, and restlessness.

Oral Appliance Therapy will position the jaw in a more forward position to open the airway during sleep. This is a convenient, comfortable option to prevent sleep apnea. The device can also be used alone or in combination with a CPAP.



Virtual Sleep Dentistry

We provide **virtual** consultations and visitations. This means that if you have a computer or mobile device (like a smartphone) we can meet with you from the comfort of your own home. Since many of the appointments will be us talking, you don't need to worry about traffic! It's as easy as a click of a button! For appointments that will need to be face to face we will typically meet you at your referring physicians office or at your house as a convenience to you.



We strive to make sure that the entire process is as **convenient and comfortable** for you as possible! If you are interested in speaking further, please click [contact!](#)





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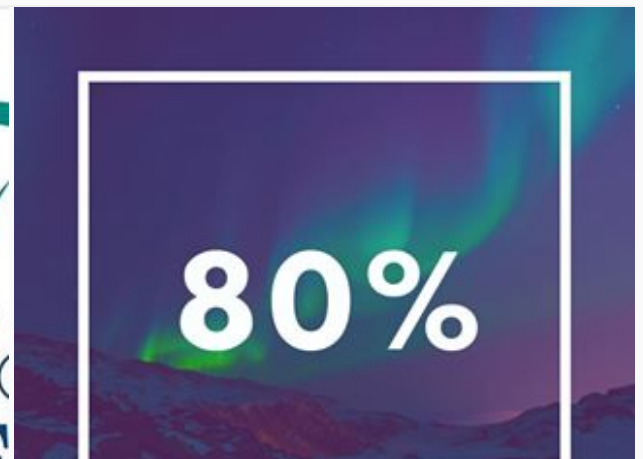
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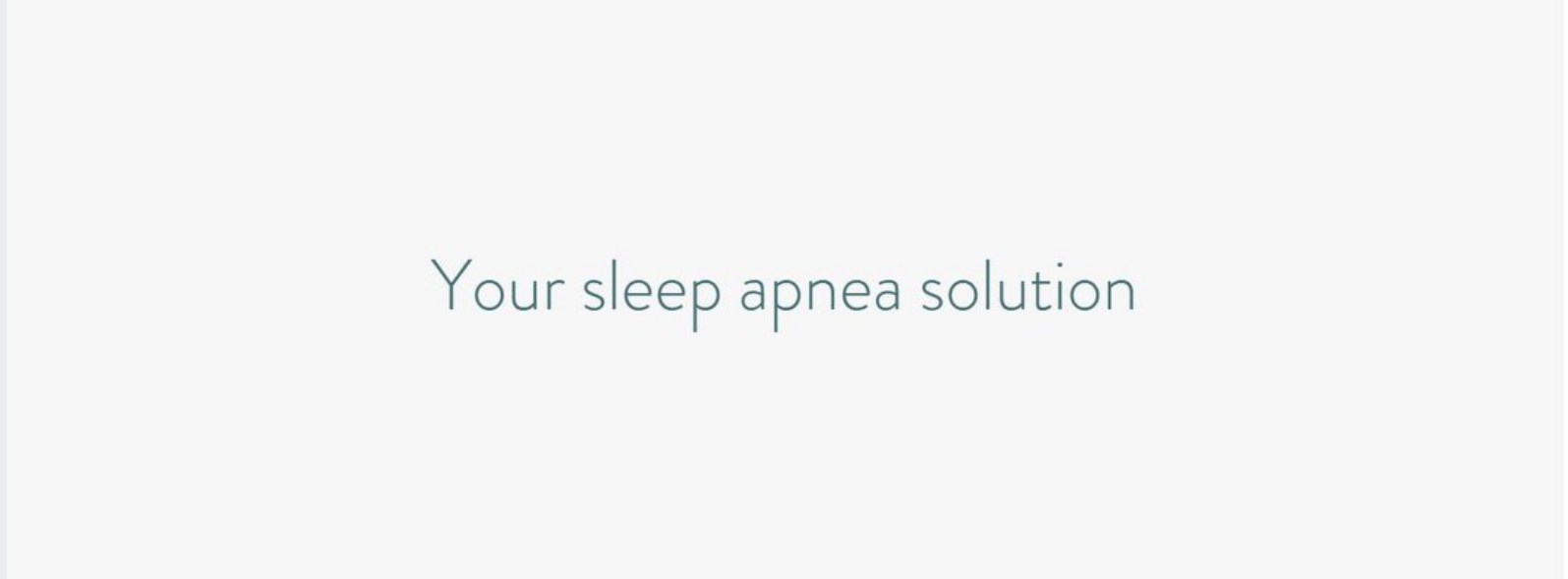
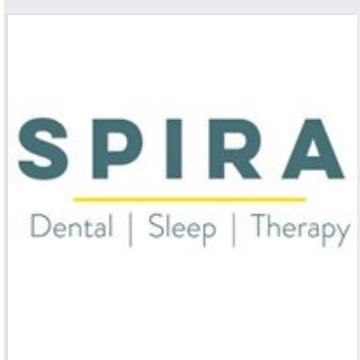
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
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




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