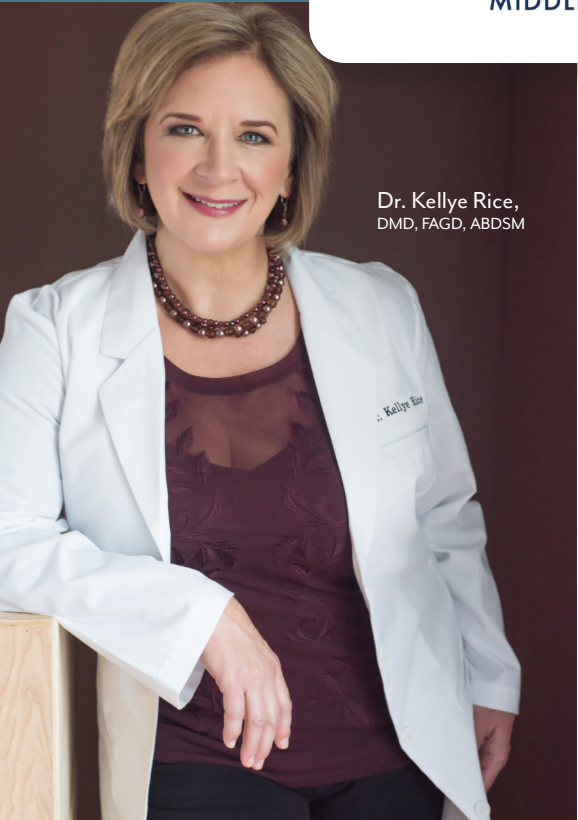




*Dr. Kellye Rice*

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Dr. Kellye Rice,  
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Dr. Kellye Rice is an accomplished Airway, TMJ and Cosmetic dentist in Brentwood, Tennessee and one of a select few dentists in the US trained in the NightLase protocol.

Visit [www.kellyerice.com](http://www.kellyerice.com) for more information.

To learn more about CPAP alternatives, Oral Appliance Therapy, Jaw Expansion therapy and NightLase, call Dr. Kellye Rice at 615.373.4488 or visit [www.kellyerice.com](http://www.kellyerice.com)

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# NightLase Laser Snoring Treatment: A Breakthrough Solution for Silent Nights



Snoring can be more than just a noisy annoyance; it can disrupt sleep patterns and strain relationships. For those who suffer from chronic snoring, the search for effective treatments is ongoing. One promising solution that has gained attention in recent years is NightLase Laser snoring treatment. In this article, we will explore what NightLase is, how it works, its benefits, and its potential to provide relief to snorers and their partners.

### Understanding Snoring

Before delving into NightLase, it's essential to understand the underlying causes of snoring. Snoring typically occurs when the airflow through the nose, mouth and throat is partially blocked during sleep. This blockage causes the surrounding tissues to vibrate, creating the familiar snoring sound. Several factors can contribute to snoring, including obesity, nasal congestion, alcohol consumption, and sleep position. While occasional snoring is common, chronic snoring can indicate a more significant issue known as sleep apnea, which can have serious health consequences.

### What is NightLase Laser Snoring Treatment?

NightLase is a non-invasive, non-surgical laser treatment designed to address the root causes of snoring. Developed by Fotona, a leading medical laser technology company, NightLase offers a safe and effective way to reduce or eliminate snoring and improve sleep quality.

### How NightLase Works

NightLase employs a unique twin laser technology, known as ND:Yagg (Neodymium-Doped Yttrium Aluminium Garnet) and Er:YAG (Erbium Yttrium Aluminum Garnet). This laser technology gently heats and contracts the collagen in the soft tissues of the throat, including the uvula, soft palate and under the tongue, which are often the primary culprits behind snoring. By stimulating collagen production and tightening these tissues, NightLase increases the space for airflow, reducing or eliminating snoring and making daytime breathing easier.

The treatment process is relatively straightforward and does not require anesthesia. A trained Airway dentist uses a handheld device to deliver controlled laser energy to the target areas within the throat. The procedure is painless, with most patients experiencing only mild warmth during the session. Additionally, there is no downtime, allowing patients to return to their normal activities immediately after the treatment.

### Benefits of NightLase Laser Snoring Treatment

Non-Invasive: NightLase is a non-surgical, non-invasive procedure, eliminating the need for incisions or anesthesia, which reduces the risks and complications associated with surgery.

- Quick and Painless: The treatment is quick, typically lasting around 20-30 minutes, and is virtually painless. Patients can expect minimal discomfort, if any.
- Minimal Downtime: There is no recovery time required, allowing patients to resume their daily activities immediately.
- High Success Rate: Many patients experience significant improvement in their snoring after just one or two sessions. For some, complete elimination of snoring is achieved.
- Improved Sleep Quality: Not only does NightLase reduce snoring, but it also leads to better sleep quality for both the snorer and their partner. Quality sleep is essential for overall health and well-being.
- Customizable Treatment: NightLase can be tailored to each patient's specific needs, allowing for personalized treatment plans.
- Long-Lasting Results: While individual results may vary, many patients enjoy long-lasting relief from snoring after completing a series of NightLase sessions.

### Is NightLase Right for You?

NightLase is an excellent option for individuals who suffer from chronic snoring and are looking for a non-invasive, effective treatment. However, it's essential to consult with an experienced and specially trained Airway dentist to determine if NightLase is suitable for your specific case. They can assess your snoring severity and underlying causes to create a personalized treatment plan.

NightLase Laser snoring treatment offers a promising solution for those seeking relief from chronic snoring. With its non-invasive nature, minimal discomfort, and high success rate, NightLase has become a popular choice for both snorers and their partners. If you're tired of sleepless nights and the strain that snoring can put on your relationships, consider exploring NightLase as a potential solution to help you enjoy quieter, more restful nights and improve your overall quality of life.



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