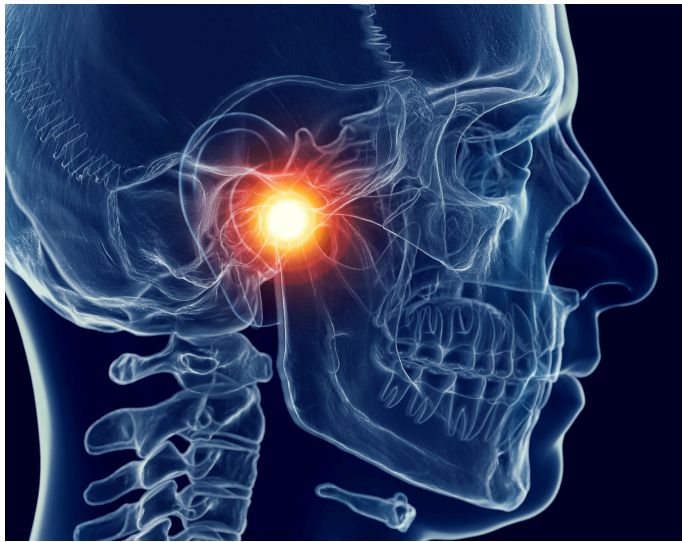


NEWSLETTER



The Airway–TMJ Connection



The relationship between the temporomandibular joint and airway function is gaining increasing recognition in both dental and medical literature. Many patients with TMJ pain or bruxism are also found to have underlying airway instability during sleep.

Research suggests that airway resistance or collapse may trigger nocturnal clenching or grinding as a physiological attempt to open the airway. Over time, this repetitive strain can lead to joint inflammation, muscle tension, and occlusal changes that perpetuate pain.

Clinical Insight:

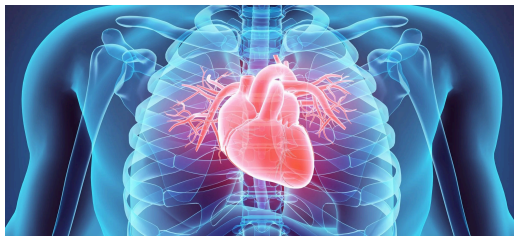
By evaluating the airway alongside TMJ function, dental sleep medicine providers can identify root causes of facial pain and design interventions that stabilize both the airway and the joint. CBCT imaging, digital scans, and sleep assessments enable clinicians to determine if mandibular advancement or other oral appliance therapy can reduce both airway obstruction and TMJ strain.

Janne Lynch DDS

Dr. Janne Lynch is the founder of AZ SLEEP in Glendale, AZ. She focuses on the interdisciplinary management of sleep-disordered breathing and temporomandibular disorders through advanced oral appliance therapy and airway-centered dentistry.

Her academic foundation in restorative dentistry, combined with ongoing training in sleep medicine and craniofacial pain, allows her to bridge the gap between dental and medical disciplines. Dr. Lynch collaborates with local physicians, ENTs, and cardiologists to ensure comprehensive, outcome-driven care for each patient.

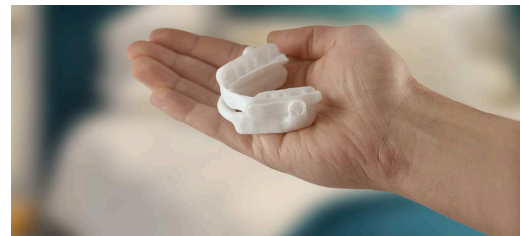
At AZSLEEP, her team integrates digital imaging, CBCT evaluation, and customized mandibular devices to address both airway and joint health—empowering patients to live healthier, more restorative lives.



Sleep Apnea and Cardiovascular Health

Obstructive Sleep Apnea (OSA) is widely recognized as a major contributor to cardiovascular disease, including hypertension, arrhythmia, and stroke. Repeated oxygen desaturation and sleep fragmentation cause increased sympathetic activity, endothelial dysfunction, and oxidative stress.

By improving airflow and sleep quality, OAT not only enhances daily functioning but may also reduce long-term cardiovascular risk when delivered in collaboration with the patient's sleep and primary care physicians.



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At AZ SLEEP, this integrative approach guides diagnosis and therapy—helping patients breathe, sleep, and heal more effectively.