

May Newsletter

2026



**TROUBLE SLEEPING?
SNORING TREATMENT
NIGHTLASE® LASER THERAPY
&
WATCHPAT® HOME SLEEP TESTING
REDUCE SNORING • IMPROVE SLEEP • NON-
SURGICAL SOLUTIONS**



NightLase® Laser Therapy With Ilay Maden

A Modern, Non-Surgical Solution

NightLase® is a non-invasive laser treatment designed specifically to reduce snoring.

It works by using gentle laser energy to tighten and strengthen the soft tissues at the back of the throat. This reduces tissue vibration and helps improve airflow during sleep.

Key advantages include:

- Non-surgical
- No cutting or injections
- No downtime
- Quick treatment sessions



CALL 01482 770597 TO FIND OUT MORE.



**Join the Team in wishing a very
Happy Birthday to
Chloe & Claudia.**



DO YOU WAKE WITH AN ACHING JAW?

Understanding Teeth Grinding (Bruxism): Causes, Signs, and Solutions

Many people grind or clench their teeth without even realising it. This condition, known as bruxism, can happen during the day or while asleep. While it may seem harmless at first, frequent or intense grinding can lead to a range of dental and health problems.

One of the challenges with bruxism is that it often goes unnoticed. Common signs include soreness in the jaw, face, or temples, pain when chewing, and jaw clicking or locking. Night-time grinding may also produce a noticeable sound, often picked up by a partner rather than the person affected.



Although occasional grinding is usually not a cause for concern, regular or forceful clenching can damage teeth, strain jaw joints, and disrupt sleep. Over time, it may lead to cracked teeth, headaches, ear pain, and costly dental treatments. In some cases, underlying issues such as poor sleep quality or low oxygen levels can worsen the condition by triggering stress responses in the body.

Bruxism rarely has a single cause. It is commonly linked to stress, anxiety, certain medications, lifestyle habits like caffeine or alcohol consumption, and sleep disorders such as sleep apnoea. Because of this, effective management usually involves addressing both the symptoms and the underlying triggers.

Treatment options can include custom-made night guards to protect the teeth, physiotherapy to relieve jaw tension, and lifestyle changes such as improving sleep habits and reducing stress. In more severe cases, treatments like botox injections may be considered, although these are not suitable for everyone.

Ultimately, while the effects of teeth grinding can be managed, long-term relief depends on identifying and treating the root causes. If you suspect you may be grinding or clenching your teeth, seeking advice from a dentist or healthcare professional is an important first step.

Call the practice on 01482 770597 if you have any questions or would like to book an appointment to discuss your concerns.

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Spread the Cost of Your Treatment with Tabeo Finance!



At Castle Park Dental Care, we want to make achieving your dream smile as easy and affordable as possible. That's why we've partnered with Tabeo Finance, giving you the option to spread the cost of your treatment with simple, flexible payment plans.

Whether you're considering Invisalign, dental implants, teeth whitening, or a smile makeover, Tabeo Finance makes it easier to get started without worrying about the full cost upfront.

WHAT DOES THIS MEAN FOR YOU?

- ✓ Various finance options available, including 0% interest on up to 12 months – No hidden fees!
- ✓ Quick & easy application – Apply in minutes.
- ✓ Flexible payment plans – Choose a schedule that suits you.
- ✓ Initial first payment when finance agreement is completed.



For additional information, please go to www.tabeo.co.uk
Finance available to UK residents aged 18 and above.
Credit subject to status. Authorised and regulated by the Financial Conduct Authority

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