

## **Oral Appliance Therapy for Snoring and Sleep Apnea**

Snoring and sleep apnea are common conditions seen in men and women of all ages. It can affect the quality of sleep, disrupt the sleep of other family members, and cause daytime sleepiness and drowsiness. One type of treatment that is gaining in use is specialized oral devices that are worn in the mouth during sleep. They help to keep the airway open and control the snoring and apnea. Most of these devices hold the lower jaw forward, and slightly open, to help keep the tongue from falling back and blocking the airway during sleep.

There are a few side effects that can occur, such as mild temporary tooth or gum soreness, excessive salivation or dry mouth. A small percentage of patients can have long term changes in their jaw position or bite.

The oral appliances are most effective in cases of snoring or mild apnea. While they are effective in some cases of moderate or severe apnea, the results are less predictable.

When you first receive your oral appliance, it takes about a week to adjust to wearing it all night. Once you are comfortable with this, you can start adjusting the device forward, one turn every three days. Your first follow up visit is two weeks after you receive your device.

Brush the device in the morning with a toothbrush and liquid soap. Rinse thoroughly, and store in its container with the lid open to allow drying. Keep away from pets (dogs love to chew on these), and avoid any exposure to heat (hot car, etc). Once a week you can soak it in Efferdent denture cleaner for 10-15 minutes.

Please contact our office with any questions or concerns about your device.