

TYPES OF ORAL APPLIANCES

There are two main categories of oral appliances currently in use: they are mandibular advancement devices (MAD) and tongue retaining devices (TRD).

MANDIBULAR ADVANCEMENT DEVICES

- Custom-made for each patient
- Made of a special acrylic or nylon material
- Fit snugly but comfortably over the upper and lower teeth
- Holds the lower jaw slightly forward to open the airway and restore normal breathing during sleep
- Have a built-in adjustment mechanism that allows gradual advancement of the jaw to help achieve optimum effectiveness

TONGUE RETAINING DEVICES

- Custom-made and pre-fabricated models are available
- Made of a soft, pliable material
- Has a compartment that fits around the tongue to hold it forward by means of suction
- Used most often for patients with dentures or for those whose jaw cannot be adequately advanced

APPLIANCES USED IN OUR OFFICE

The Snoring and Sleep Apnea Dental Treatment Center is unique in that we use ten different oral appliances. The choice of appliance to be used for each patient is based on many factors, including: severity of the apnea condition, patient's bite and jaw structure, size of the tongue and soft palate, presence of tooth clenching or grinding, jaw range of motion, health of teeth and gums, and many others.

Our doctors bring more than 25 years of experience and expertise in dental sleep medicine to the process to help guide the patient to an appliance choice that will be most comfortable and effective for them. As the science behind the use of these devices grows, appliance choices continue to evolve. Currently, Drs. Parker and Forslund work with the following appliances:

CUSTOM-MADE MANDIBULAR (JAW) ADVANCEMENT APPLIANCES



The Adjustable PM Positioner was invented by Dr. Jonathan A. Parker. Its unique design is durable, comfortable and effective.

Adjustable PM Positioner

The Adjustable PM Positioner is constructed of a heat-sensitive acrylic (Bruxeze) that fits comfortably over the upper and lower teeth. The appliance stabilizes the jaw position by allowing only a small amount of jaw movement. The adjustment mechanisms are on the cheek side of the appliance and allow for easy advancement of the jaw position to improve effectiveness of the device when it is indicated. It is a durable and effective option.

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Dorsal (Somnodent)

The Dorsal appliance can be made of a hard acrylic or an acrylic material that has a softer inner lining. It is specifically designed with separate upper and lower portions for easier placement and removal. There is a wing on the lower portion and an acrylic block on the upper portion that encases a screw mechanism for easy advancement. This is a good choice for patients with smaller mouths or narrower dental arches and is a comfortable and effective choice for sleep apnea.



Dream TAP®

The Dream TAP is made of a material that has a hard outer shell and softer inner lining. It has a hook and screw on the front of the lower portion and the hook attaches to a wire on the upper portion that connects the appliance together. Since the screw mechanism is on the front of the device, the appliance can be advanced while in the mouth by using a small key. It is durable and effective in treating sleep apnea.



EMA

The EMA is made of thinner acrylic material that fits over the teeth and the upper and lower portions are connected by flexible straps. Straps of different lengths and flexibilities allow for advancing the jaw position gradually and they allow freedom of movement of the jaw. In our office, we tend to use this device in patients with primary snoring and milder sleep apnea conditions.



Herbst

The Herbst appliance is made of either a heat-sensitive or hard acrylic material and has a piston-type (post within a tube) screw mechanism along the sides of the device. It allows good freedom of movement of the jaw in all directions. It is durable and effective in treating sleep apnea.



Micro2

The Micro2 is an all-acrylic (no metal) appliance that has wings on the upper and lower portions that are positioned against each other to hold the lower jaw forward. The design provides a lower profile and allows for good jaw movement. The patient receives 4-6 units that have the wings positioned in a way that allows for mixing and matching these units to gradually advance the jaw position. This device is an effective option for treating sleep apnea.

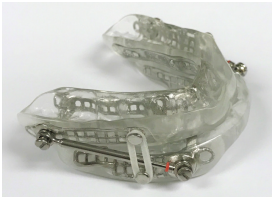
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Narval™

The Narval™ is made of a nylon material that allows it to be one of the thinnest and lightest appliances available. It has plastic straps that connect the upper and lower portions and has no metal components. It allows for good jaw movement, is effective for treating sleep apnea, and is a good option for patients who have a smaller mouth.



SUAD

The SUAD appliance is made of a comfortable heat-sensitive acrylic and is reinforced by a metal framework. The adjustment mechanism (Herbst-type) is positioned on the sides of the device and allows good freedom of movement of the jaw. This appliance is a frequent choice for patients who tend to grind their teeth heavily.

NON-CUSTOM TEMPORARY MANDIBULAR (JAW) ADVANCEMENT APPLIANCES



MyTAP

The MyTAP is a transitional appliance that provides patients with a lower-cost, high-quality, short-term appliance option. It may be a good choice for someone who wants to determine if appliance therapy is effective prior to pursuing a long-term custom-made device. It may also be appropriate for a person who needs the appliance completed ASAP (i.e. leaving on a trip in a few days). It can be an excellent option for a patient with snoring or sleep apnea who is starting or in the middle of extensive dental treatment and wants a temporary device that can be easily modified during the process.

CUSTOM-MADE TONGUE RETAINING APPLIANCES



Tongue Retaining Device (TRD)

The Tongue Retaining Device is made of a soft, pliable material that is designed with a compartment that fits around the front half of the tongue to hold it forward by suction. This device requires some adaptation time for the patient to get comfortable with it, and the ability to breathe through the nose is important as well. It is most often used in people with few or no teeth (likely someone who uses dentures).

All devices used in our office are FDA accepted for snoring and sleep apnea.

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