



Is a Dental Device Really as Good as a Mask and Hose Machine To Cure Snoring and Sleep Apnea?

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For those suffering with snoring and sleep apnea, there is no device that has proven itself more effective in medical studies than a CPAP - Continuous Positive Airway Pressure. Sleep Apnea - machine.

Sleep apnea is a serious medical condition whereby one stops breathing 10, 20 and up to 100 times every hour, resulting in high blood pressure, daytime sleepiness, acid reflux and a long list of other serious medical problems. The CPAP machine is equipped with a hose attached to a mask that is fitted over the mouth and nose. When turned on, the machine pumps oxygen into the body automatically. Sleep apnea sufferers who do not take in enough air while sleeping might find this problem instantly resolved as the CPAP automatically does the “breathing.”

Why the CPAP Machine Might Not be for You

Sleep apnea patients have a long list of reasons for refusing to use the mask and hose machine: claustrophobia from wearing the mask, plastic of the mask causing chafed skin, irritation and in some cases open sores, restricted movement while sleeping, pressure on the upper lip, the inconvenience of bringing a machine with them when traveling, the noise, and latex allergy.



Although many people get used to sleeping in the mask, others find it impossible to adjust to. In fact, some 50-75 percent of patients who use a CPAP machine discontinue use. In addition, the noise of a CPAP machine can prevent family members from falling asleep.

How Oral Appliances work

As an alternative to the CPAP machine, mouth pieces fitted between the teeth to help prevent snoring can be effective in mild or moderate sleep apnea cases, and for severe sleep apnea patients who refuse to wear the CPAP. The oral appliances prevent the jaw from dropping open during sleep, thereby preventing the tongue from falling into the throat, which blocks the airway and causes snoring. Like CPAP machines, oral appliances are worn only during bedtime.

The real question is whether or not an oral appliance would sufficiently treat your problems. My experience is that for patients with mild to moderate OSA, a top quality appliance will reliably treat the problem most of the time. The American Academy of Sleep Medicine has stated that either CPAP or oral appliances would be a reasonable choice for people with mild to moderate OSA. As with any medical procedure, there is no absolute guarantee of success. You need to be examined by a dentist with advanced training in dental sleep medicine. Roughly 85 percent of patients will qualify. Many people with mild to moderate OSA seem to like the oral appliances a lot. And for those with severe sleep apnea who refuse to wear a CPAP, oral appliances improve their health and the quality of their life in 70 percent of cases. The best news is that Medicare, Medicaid and most major medical insurance will cover the oral appliances, an indication of how insurance companies recognize that oral appliances work and get real results!



Oral Appliance therapy is indicated for:

- Primary/heavy snoring
- Mild or moderate sleep apnea
- Those who cannot tolerate CPAP
- Failure of surgery
- Use during travel
- In combination with CPAP