

# IS A SLEEP APNEA ORAL APPLIANCE RIGHT FOR ME?

## What is the Sleep Apnea Oral Appliance?

A sleep apnea oral appliance is a premium, custom-fitted dental device developed for the treatment of snoring and obstructive sleep apnea.



Oral Sleep Apnea appliances are highly effective, comfortable alternatives to CPAP therapy or corrective surgery. By simply wearing your oral appliance while sleeping, your lower jaw will be moved forward into a comfortable position, allowing for the relaxation of the tissues at the back of your throat. This ensures that the base of your tongue will not collapse and block your airway, giving you a safer, more soundless night's sleep.



An increasing number of men and women have discovered this oral appliance to be the perfect solution to put the end to snoring, treating sleep apnea and/or improving sleep quality.

## Why Oral Appliances Make a Difference?

**Highly Effective:** Several independent studies have shown the significant benefits for sleep quality

**Custom-fit:** Sleep apnea oral appliances are made by using dental impressions of your teeth, which ensures that you are getting a custom-fit unique to your own mouth.

**Non-Restrictive in Movement:** While wearing your nightly oral appliance, you will be able to fully open and close your mouth, yawn and even speak clearly.

**Easily Adjustable:** With in office instruction, patients will be able to adjust their own oral appliance easily at home.

**Patient Compliance:** A very high percentage of patient's report using their oral appliance regularly.

**Combination Use:** Your Sleep Apnea Oral Appliance can be used as a companion to your CPAP for combination therapy.

If you are tired of your CPAP, and it just sits collecting dust on your dresser due to you not being able to tolerate it, an oral appliance may be the right fit for you. Contact our office today at 518-356-5635.

With Oshins of Smiles, Dr. Steven Oshins



**We are accepting new patients - call us today!**

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FAMILY, AESTHETIC & SLEEP MEDICINE

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