Common Questions about Oral Appliance Therapy

Which patients are best suited for oral appliance therapy?
Oral appliances (OA) are indicated for mild to moderate OSA patients, or for severe who cannot tolerate CPAP therapy. Some CPAP patients also choose to use oral appliances during travel.

Are oral appliances covered by insurance?
Yes, oral appliance therapy is covered by most medical insurance plans.

Do patients have to try CPAP therapy first before getting oral appliance?
Such details vary from plan to plan. We confirm our patient’s benefits and guidelines prior to treatment.

Can any dentist fabricate a custom oral appliance?
Most dentists have not been trained in dental sleep medicine. Our dentists have specialty training or credentialing in dental sleep medicine.

Do oral appliances cause teeth or jaw problems?
Most jaw discomfort is transient during the first few weeks of treatment. Some patients with preexisting jaw discomfort feel improvement in their symptoms after oral appliance treatment.

How do I know if I’m a good candidate for OAT?
By assessing the results of your sleep test and oral condition, our specially trained dentists can verify if you are a good candidate for OAT.

We Can Help!

Oral appliance therapy is covered by major medical insurance plans.

As one of the first centers to incorporate dental sleep medicine, we have a unique and multifaceted approach to treating CPAP intolerant or initial oral appliance patients.

To obtain additional information or schedule an appointment, simply contact The Center for Sleep Medicine’s scheduling office at:

708-364-0261

To learn more about our oral appliance therapy program and for a map and directions please visit our website at:

www.sleepmedcenter.com

680 N. Lake Shore Drive, Suite # 1210, Chicago, IL
1400 Golf Road, Suite # 225, Des Plaines, IL
900 Technology Way, Suite # 120, Libertyville, IL
1259 Rickert Drive, Suite # 100, Naperville, IL
10640 W. 165th Street, Orland Park, IL

ORAL APPLIANCE THERAPY FOR SNORING AND SLEEP APNEA

The difference between going to bed, and going to sleep.
Oral appliance therapy involves the selection, fitting, and use of a specially designed oral appliance that maintains an open, unobstructed airway when worn during sleep.

Custom-made oral appliances are proven to be more effective than over-the-counter devices.

**Advantages of Oral Appliances**

- Comfortable and easy to wear
- Small and convenient, making them easy to carry when traveling
- Treatment is reversible and non-invasive
- Oral appliances are quiet
- Easily adjustable
- Offer high compliance rate
- Less conspicuous with bed partner

**Our Commitment**

- We follow guidelines as set forth by the physicians and dentists of the American Academy of Sleep Medicine and American Academy of Dental Sleep Medicine, the two most respected organizations in the sleep medicine field.
- We stay abreast in the latest advancements in the field of dental sleep medicine and are able to offer an array of devices, based on patient needs.
- We provide regular follow-up care to help promote and strengthen the compliance for obstructive sleep apnea treatment.
- We keep regular ongoing communications with our patients’ medical providers

**FDA Oral Appliances**

- **The SomnoDent Appliance**
  Comfortable and discreet. Allows the patient to open and close normally, as it does not fix the jaws together.

- **TAP 3 Elite**
  The TAP 3 Elite design has an innovative three-hook system that allows for greater treatment range and increased patient comfort for nightly use.

- **Herbst Appliance**
  Effective on chronic snoring and mild to moderate obstructive sleep apnea, the appliance allows patients to move laterally and vertically without disengaging.

- **SUAD Appliance**
  Acrylic exterior with an internal metal framework. Effective for grinders/those prone to breakage.

- **Klearway Appliance**
  Mandibular repositioning appliance made of thermoplastic. Can be adjusted in .25mm increments.

- **Adjustable PM Positioner**
  Acrylic that fits over lower & upper teeth. Allows up to 4mm of advancement.

Contact The Center for Sleep Medicine to determine if Oral Appliance Therapy is right for you.