

# Dental Sleep Medicine

## Procedures for Treating Snoring and OSA

### 1. *DIAGNOSIS OF OBSTRUCTIVE SLEEP APNEA*

Prior to any oral appliance therapy, refer the patient to his or her primary care physician or a physician specializing in sleep medicine to diagnose obstructive sleep apnea.

### 2. *FIRST DENTAL OFFICE VISIT*

#### **Medical profile**

Review the history of the patient's sleep problem. The *Patient Questionnaire* and *Epworth Sleepiness Scale* can be utilized to assess some of the following conditions:

- Quality of sleep and sleep positions
- Frequency and loudness of snoring including bed partner complaints
- Presence of daytime drowsiness, fatigue-related accidents, and headaches
- Changes in weight
- Nasal congestion
- Medical conditions that are often co-morbid with sleep apnea
- Past treatment or sleep studies
- History of TMJ problems

#### **Examination**

- Examine tongue size, length of soft palate, size of uvula, and size of tonsils
- Examine overbite and over jet
- Measure maximum vertical opening, lateral excursive jaw movement and protrusive jaw movement
- Evaluate soft tissues
- Perform TMJ evaluation (including muscles of mastication)

#### **Treatment options**

DPS recommends SomnoDent™, EMA®, Adjustable PM Positioner™ and OASYS® oral appliances.

#### **Impressions and bite registration**

- Take upper and lower full arch alginate impressions. They should provide good detail of teeth and gingival tissue.
- The upper impression should include the entire hard palate with extension to the soft palate. Pour models immediately to avoid distortion.
- Take the bite registration with the mandible positioned at 0%. (End to end or approximately 70% protrusive.) The bite will be opened during fabrication according to appliance guidelines.
- On the lab slip mark all teeth that are crowned with a "C".

### 3. *SUBSEQUENT VISITS*

Follow the insertion, seating, and follow-up visit instructions provided with the oral sleep appliance you have selected. Contact Colleen Digmann at DPS if you have any questions.

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