

## **OSA/AHI Treatment Devices:**

At Quiet Dental our specially trained dentists use a variety of sleep apnea oral appliance that are custom-fitted to help the patient sleep soundly and minimize the effect of sleep apnea, such as snoring. These FDA approved devices essentially treat Obstructive Sleep Apnea (OSA) by preventing the airway becoming obstructed and allowing the patient to breathe easily and continuously throughout the night. Thousands of people suffer from sleep apnea and snoring. There are thousands of different devices that help with these issues. These thousands of devices that are only available to specially trained dentists to treat sleep disorders. The main dental devices that Quiet Dental focuses on are the following three devices; The Tap 3 Appliance, The EMA Appliances, The Herbst Appliance, and the Respire Blue Appliance. Below is a product description of each device as well as a photo of the device.



### **The Tap 3 Appliance:**

The TAP 3 is the newest addition to the TAP family of appliances for the treatment of snoring and Obstructive Sleep Apnea (OSA). Based on the same principle as cardiopulmonary resuscitation (CPR), the TAP (Thornton Adjustable Positioner) was designed to keep the airway open to allow for air to pass. A constricted or collapsed airway causes snoring and OSA. The TAP device holds the lower jaw in a forward position, preventing the soft tissue of the throat from collapsing and obstructing the airway to reduce snoring and improve breathing. Each TAP device consists of an upper and lower tray that fit over the teeth. Fitting more comfortably in the mouth than the original TAP, the TAP 3 TL and TAP 3 E feature smaller hardware that provides more room for the tongue and allows the lips to close. On the TAP 3, a hook mechanism attached to the upper tray fits into a socket attached to the lower tray and positions the lower jaw forward. Allowing for a greater range of lateral movement than previous designs, the TAP 3 features a simple hook mechanism attached to the upper tray slides under a bar attached to the lower tray and positions the lower jaw forward. Three hook sizes offer increased range of adjustment. An adjustment key enables the patient to adjust the protrusion of the lower jaw while wearing the device until a comfortable and effective position is achieved.



### **The Ema Appliance:**

The EMA® (Elastic Mandibular Advancement) oral appliance is a customized removable appliance created for the noninvasive treatment of snoring and Obstructive Sleep Apnea (OSA). The appliance is designed to both advance the mandible and open the bite to allow for less restricted airflow during sleep. EMA devices help promote a deeper, more restful sleep by preventing snoring and relieving the symptoms of OSA. The EMA does not interfere with breathing through the mouth, even in cases of congested nasal passages. It has many options for advancement with nine strap lengths and four

different elastic tension options. Non-restricted lateral/protrusive movement and improved movements of the jaw are possible while wearing the device due to varying elastic bands.



### **The herbst appliance:**

The Herbst for Snoring and Obstructive Sleep Apnea (OSA)

The Herbst appliance has been used for many years in the treatment of Class II malocclusions in children. With minor modifications, the Herbst appliance has been proven to be effective in the treatment of snoring and mild to moderate OSA.

"Adjustability" is the primary advantage of the Herbst appliance in snoring and OSA cases.

The post and sleeve mechanism advances the jaw into a forward position. If desired relief is not immediately achieved, this unique appliance design allows for additional forward movement of the mandible.

With standard hardware, the mandible is advanced in 1mm increments by adding advancement Shims onto the posts. The clinician crimps the shims to secure them so the patient will not lose the shims or the advancement position.

The telescopic version of the Herbst allows the clinician to advance the mandible more precisely. One turn of the advancement collar, until the next hole appears, advances the mandible in 1/4 increments.



### **The respire blue appliance:**

The Respire Blue Series is a sleep apnea treatment that involves wearing a two piece custom aligner. Unlike other night time appliances used in sleep apnea treatment, the Respire Blue Series comes in two separate pieces rather than one. This two piece construction and reinforced design results in a durable appliance that is comfortable and easy to wear. You can yawn, speak, and drink water without having to remove your Respire aligners.

### **The Benefits of Respire Sleep Apnea Treatment**

The Respire Blue Series aligners feature a "wing" on the lower piece that rests against a block on the upper piece. This is referred to as a "dorsal design". As you close your jaw, the wing and block gently position your jaw.

The appliance is used to help reduce:

- Obstructed airways
- Morning headaches
- Daytime sleepiness
- Snoring