

Obstructive Sleep Apnea (OSA) Mandibular Repositioning Appliances (MRA)

Sleep Apnea is a general term for breathing problems that occur during sleep.

People with sleep apnea stop breathing up to 100 times an hour throughout the night.

If this period of asphyxiation lasts longer than 10 seconds, it is called Obstructive Sleep Apnea (OSA), a medical condition with serious long-term effects.

Sleep apnea affects approximately 20 million adults, and has serious negative health effects when present with other conditions.

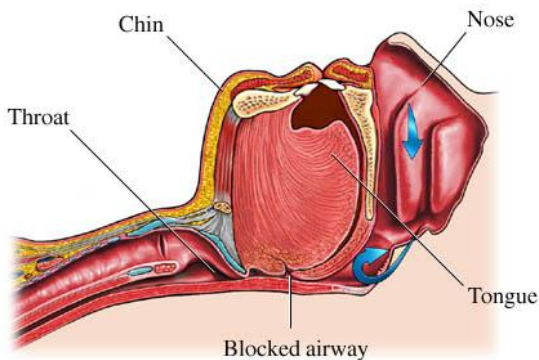
If you suffer from high blood pressure, diabetes, heart trouble or are overweight, treating your sleep apnea may improve all of these conditions while making you feel better.

Dentistry plays a huge role in this largely undiagnosed syndrome.

CPAP may not be the answer for you where as a dental appliance may be better suited to help you.

Common signs and symptoms of sleep apnea include:

- Excessive daytime sleepiness
- Loud, disruptive snoring
- A spouse or partner may notice: Irregular breathing during sleep, such as gasping, long pauses, shallow breathing.
- Restless sleep
- Difficulty concentrating
- Depression or irritability
- Morning headaches
- High blood pressure



At the *Centre for Holistic and Biological Dentistry* we use a class of snoring and OSA sleeping aides called **Mandibular Repositioning Appliances (MRA)** to help correct sleeping problems and open the airway to allow for proper oxygenation.

The EMA® (Elastic Mandibular Advancement)

A custom-made removable intraoral appliance created for noninvasive treatment of snoring and obstructive sleep apnea (OSA). The appliance is designed to both advance the lower jaw (mandible) and open the bite to allow for less restricted airflow during sleep.



The TAP® (Thornton Adjustable Positioner)

Is based on the same principle as that of cardiopulmonary resuscitation (CPR). The airway must be opened to allow air to pass through the throat. A constricted or collapsed airway causes snoring or Sleep Apnea. The TAP holds the lower jaw in a forward position so that it does not fall open during the night and cause the airway to collapse. The TAP maintains a clear airway to reduce snoring and improve breathing.



Silent Nite® Slide-Link

A custom-fabricated dental device that moves the lower jaw into a forward position, increasing space in the airway tube and reducing air velocity and soft tissue vibration. Special connectors are attached to transparent flexible upper and lower forms. The forms are custom laminated with heat and pressure to the dentist's model of the mouth. The fit is excellent and comfortable, permitting small movements of the jaw (TMJ) and allowing uninhibited oral breathing.



aveoTSD® Tongue Stabilizing Device

Traditional mandibular advancement devices indirectly move the tongue forward by moving the mandible. But the aveoTSD directly suctions onto the tongue, preventing it from falling back into the throat and increasing airway volume. Made of medical-grade Dupont silicone, the aveoTSD is the only anti-snoring device that is indicated for anyone – including those who wear full dentures!



We also provide Custom-made Athletic Mouthguards