



Now there is an effective way to control snoring and obstructive sleep apnea without resorting to cumbersome CPAP devices. A small device, similar to an orthodontic appliance, can be an alternative to cumbersome CPAP machines ...Oral Appliance Therapy (OAT). In some cases OAT may be the first choice for treatment of mild to moderate obstructive sleep apnea.

CPAP Side effects

Continuous Positive Airway Pressure (CPAP) is generally considered the mainstay of treatment for obstructive sleep apnea. However, in almost half of the cases where it is prescribed, it is poorly tolerated or simply rejected due to its cumbersome and intrusive nature.

Other objections include:

- Inconvenience
- Nasal Congestion
- Sinus Problems
- Skin Irritation
- Claustrophobia
- Mask Leaks

We are happy to consult with those who feel that they are having a problem with snoring, sleep apnea, or unable/unwilling to tolerate a CPAP unit. If you have not been diagnosed with sleep apnea we will refer you to a sleep specialist for proper diagnosis prior to treatment.