What You Should Expect From Your Dentist

Your Guide to Oral Appliance Therapy for Sleep Apnea

Referral to Medical Provider for Diagnosis

Even if your only symptom is snoring, your dentist should refer you to a medical provider (MD, DO, PA, or NP) for diagnosis.

Only a medical provider can diagnose or rule out sleep apnea.

Comprehensive Treatment Plan

Your dentist should explain your sleep study results, how sleep apnea affects your health, and risks/benefits of all treatment options.

Your dentist should offer you the opportunity to ask questions before starting treatment.

In-Person Examination

An in-person exam is necessary, so the dentist can:

- Examine your teeth, gums, jaw muscles, and joints.
- Take any necessary X-rays, impressions of your teeth and a bite registration.

Custom Appliance Selection

Your dentist should have several appliances to choose from and will select the most appropriate one for you.

When you receive your appliance, you should receive clear instructions on how to adjust and care for your appliance.

Appliance Calibration and Monitoring

You should be asked to schedule an appointment within 30 days to fine-tune your appliance. Once the appliance is fine-tuned, you should be referred to your medical provider to verify effectiveness.

Expect visits with the dentist every 6 months in year one, then yearly.

Side Effect Management

Your dentist should discuss possible side effects prior to treatment and monitor for issues like jaw soreness or bite changes.

They may provide solutions like morning exercises or appliance adjustments if needed.

Ongoing Support & Sleep Hygiene

Your dentist should aim for you to wear your appliance at least 80% of each night, 5+ nights per week, for 7+ hours of sleep.

They may recommend tracking your sleep and will discuss healthy sleep habits.

Coordinated, Collaborative Care

Your dentist should communicate regularly with your doctors about your treatment.

This collaboration helps you achieve the best treatment outcomes.

Provider Training and Credentials

Look for a dentist with training in dental sleep medicine, such as an **AADSM Qualified Dentist.**

Search for AADSM Qualified Dentists and learn more at **DentalSleep.org**

AADSM Qualified DENTIST

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