

Splints for Snoring and Sleep Apnoea – A Better Way to Sleep!

Most of us don't consider snoring as something to be overly concerned about unless our partner is disrupting our sleep. However frequent loud snoring may be a sign of sleep apnoea. Sleep apnoea is a common but potentially serious problem because a patient with the disorder repeatedly stops and starts breathing during sleep. In untreated sleep apnoea, breathing typically pauses or becomes very shallow for 10 to 20 seconds before returning to normal and then pausing or becoming very shallow again. This can occur up to hundreds of times a night, disrupting the natural sleep rhythm and resulting in more time in light sleep and less time in the deep, restorative sleep that is needed to be energetic, mentally sharp and productive the following day. Daytime sleepiness, poor concentration, slow reflexes and an increased risk of accidents are major problems resulting from the chronic sleep deprivation. Sleep apnoea is also associated with long term serious health problems such as high blood pressure, heart disease, stroke, diabetes and weight gain. Although it is treatable, sleep apnoea is often unrecognised. Your doctor or sleep physician can diagnose snoring and sleep apnoea problems and get your sleep back on track so you can feel refreshed and alert after a good night's rest.

Patients with mild to moderate cases of snoring and sleep apnoea may be referred to their dentist by their doctor or sleep physician to make a mandibular advancement splint to open the airway by posturing the lower jaw forwards.



Central Brisbane Dental uses the MDSA Appliance as it was designed in conjunction with Australia's leading dentists, sleep physicians and dental technicians and the MDSA concept has been subjected to extensive scientific and clinical testing and evaluations.

Impressions of the patient's teeth and gums are used to form models on which the MDSA Appliance is made. The dual laminate hard/soft splint material ensures great retention, comfort and durability while the MDSA Components allow a full range of jaw movements so the patient's jaw is not locked in one position when the appliance is worn.