

## On-going Care

On-going care, including short and long term follow-up is an essential step in the treatment of snoring and Obstructive Sleep Apnea with Oral Appliance Therapy. Follow-up care serves to assess the treatment of your sleep disorder, the condition of your appliance, your physical response to your appliance and to ensure that it is comfortable and effective.

## Advantages of Oral Appliance Therapy

Oral Appliance Therapy has several advantages over other forms of therapy:

- Oral appliances are comfortable and easy to wear. Most people find that it only takes a couple of weeks to become acclimated to wearing the appliance.
- Oral appliances are small and convenient making them easy to carry when traveling.
- Treatment with oral appliances is reversible and non-invasive.

## American Academy of Dental Sleep Medicine

Your American Academy of Dental Sleep Medicine dentist and sleep physician will work together with you to determine the best course of therapy.

To learn more about dental sleep medicine, please talk to your dentist, physician, or visit the American Academy of Dental Sleep Medicine Web site at [www.aadsm.org](http://www.aadsm.org).



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An Educational Pamphlet from the American Academy of Dental Sleep Medicine

