

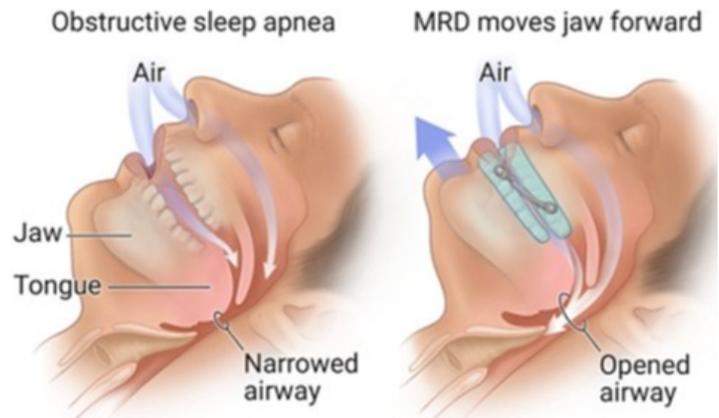
THREE SISTERS SLEEP

ORAL DEVICE THERAPY

ORAL DEVICE THERAPY FAQ

How does an oral device work?

- An oral device works by preventing your lower jaw from collapsing backward during sleep. This keeps your tongue and surrounding soft tissues in a more forward position, helping maintain a more open airway for better airflow.



Is the lower jaw being pulled forward?

- In most cases, the lower jaw will be held in a slightly forward position by the end of treatment. This is achieved by gradually advancing the oral device over time until the most effective position is reached.

How to know when to stop advancing an oral device?

- The goal is to find a position for your oral device that is both comfortable and effective. We evaluate this by comparing your symptoms before and after starting therapy. Using tools such as a snoring app or pulse oximeter can also be helpful to track changes.
- Some patients notice clear differences between device settings, with improvements in symptoms such as reduced snoring, increased energy, and better sleep maintenance.
- Some patients may not tolerate more advanced settings. If the device becomes too uncomfortable to wear or causes significant morning discomfort, we recommend returning to the previous setting.
 - Having additional trays or advancement options does not mean you need to advance to the final position.
- It is common to experience minor discomfort or temporary bite misalignment when the device is first removed. If this does not resolve with the morning jaw exercises, we recommend returning to the previous setting or contacting our office for guidance.

ORAL DEVICE THERAPY FAQ CONTINUED

How do we know if the oral device is working?

- We should have an idea of the efficacy based off of symptom improvement.
- We recommend completing an at-home sleep study or pulse oximetry reading to compare with the diagnostic sleep study completed by your sleep physician. This helps determine if any adjustments to the oral device position are needed.
 - We provide an unofficial study included in your treatment plan. We do not charge extra or bill your insurance for this service.

What happens if the oral device is not effective or tolerated?

- If the oral device does not prove to be effective after exhausting all solutions, we will work with the sleep doctor to find a different form of treatment. Other options may include CPAP therapy or surgery.
- In rare cases, we will switch the oral device to a different style and see if that is easier to tolerate.

Can I still wear my CPAP?

- You may tailor your treatment to best fit your needs. Some patients choose to use their oral device together with CPAP, while others prefer to use it primarily when traveling or camping. Please contact our office or your sleep physician if you have any questions about your treatment.

MORNING ROUTINE

ORAL DEVICE THERAPY

What to expect:

When you remove your oral device in the morning, it is common for your jaw muscles and joints to feel tight or sore, and for your bite to feel temporarily misaligned. Your morning jaw exercises should help your bite and muscles return to normal within 30–60 minutes after removal.

If this does not occur, please contact our office. Some patients need to be more intentional with this routine than others, but we recommend completing it every morning. Skipping your morning exercises may lead to bite changes that can be difficult to correct later.

Jaw stretches or manual massage:

- When you first remove your oral device, move the jaw in all directions to help loosen up the jaw joints and muscles.
- Move the lower jaw forward and backwards as you provide resistance with your fingers on either side of your chin - 3x10.
- Slide your lower jaw to the right side as you provide resistance with your fingers in the opposite direction - 3x10, then repeat on the left side - 3x10.
- Place your fingers on either side of your chin and apply pressure in an upward and back direction as you open and close halfway - 3x10.
- Rest your chin firmly into your palm and apply pressure in an upward and back direction.
- Massage your cheeks, jawline, and behind your ears with firm pressure.



Chew:

- Sometimes chewing breakfast is enough to loosen the muscles.
- Chew sugar-free gum.

MORNING ROUTINE

ORAL DEVICE THERAPY

Bite Aligner:

- Your bite aligner is a crucial tool to use to avoid minor bite changes.
- Wait about 30 minutes after removing your oral device before use.
- Place your teeth into the indents of the bite aligner and gently squeeze, relax, squeeze, and relax. Hold each squeeze as long as is comfortable. Continue this for a few minutes, then remove the aligner and check your bite. If your bite feels normal, your morning routine is complete. If your bite still feels misaligned, repeat the process until it returns to normal.
- If this exercise is too uncomfortable, use the previously mentioned methods or wait until later in the day to complete.



You can check out our YouTube video
for further demonstration

<https://www.youtube.com/watch?v=9HYkkYx2etk>

MAINTENANCE

ORAL DEVICE THERAPY

- Brush and floss your teeth before wearing your oral device. Follow up with your general dentist for routine maintenance.
- Brush your oral device with a soft toothbrush and water after use.
- Do not use tooth paste - it is abrasive and may damage your oral device.
- If you want to brush with more than water, you can use dish soap.
- You can use a denture cleaning tablet, like Polident, as needed. You can use this every day or as you see fit. (avoid if allergic to sulfa)
- You can mix an equal amount of water and vinegar with a teaspoon of baking soda for a more natural cleaning solution. Brush after soaking.
- You can use ultrasonic cleaners if desired.
- Do not soak in mouthwash or hydrogen peroxide.
- Store your oral device dry in its container when not in use.
- Do not use bleaching products in your trays.
- Keep out of reach of animals.
- There is a 3 year warranty for manufacturing defects but not for neglect.
- Please call our office if any part of your oral device is damaged. DO NOT throw anything away. The lab will require we return the damaged components to honor their warranty.



MISCELLANEOUS

ORAL DEVICE THERAPY

Jaw discomfort in the morning:

- Be intentional with your morning routine. Soft diet, anti-inflammatories, cold/warm compresses as needed.
- If it lasts more than one hour or is severe pain, please call our office.

Tooth discomfort in the morning:

- Slight soreness of the teeth is common when the oral device is first removed. If this does not go away soon after and with more use, please call our office to schedule an adjustment.

Bite feels off in the morning:

- It is normal for everything to feel slightly off in the morning for the first 30-60 minutes. If you've completed your morning jaw exercises and you feel still like your bite isn't correct, please give our office a call.
- This might improve with more use of your oral device but it can be normal for this to happen every morning in some patients.

Dental work is needed:

- If you have dental work completed after your oral device is made, you will likely need to return for an adjustment of your oral device for it to fit properly. Please call our office to schedule an appointment.

ADJUNCT SUPPORT

ORAL DEVICE THERAPY

Nasal dilators:

- Saline sprays or rinses before bed.
- Nasal dilator strips like Breathe Right or Intake Breathing.



Mouth Tape:

- Consult your doctor before use. Do not attempt if you are unable to breathe well through your nose.
- Place vertical strip of tape down the center of your lips. You should be able to breath on either side of the tape.
- Try for 30 minutes while you are awake to ensure you respond positively.



Orthodontic Elastics:

- Your oral device should have hooks to apply orthodontic elastics to either side of the trays. This will make it harder for your jaw to fall open while asleep.
- These come in different sizes and strengths. If this causes your trays to release from your teeth, you may need a lighter strength.



SLEEP HYGIENE

ORAL DEVICE THERAPY

- Create a schedule: Go to bed and wake up at the same time every day, including on weekends.
- Avoid stimulants: Avoid caffeine, nicotine, and alcohol in the hours before bed.
- Limit screen time: Turn off screens at least 30 minutes before bed.
- Create a bedtime routine: Stick to a calming routine like reading, taking a bath, or journaling.
- Optimize your bedroom: Keep your bedroom dark, quiet, and at a comfortable temperature.
- Exercise regularly: Get regular exercise, but try to finish at least two hours before bed.
- Limit late-night food and drink: Avoid large meals and excessive fluids before bed.
- Limit naps: Use naps with care and don't take long naps.
- Get out of bed: If you can't fall asleep, get out of bed and try again later.
- Don't use bed for other activities: Limit what you do in bed to sleeping and intimacy.
- If you struggle with chronic insomnia symptoms, we can help refer you for treatment.