

Transcript of Video-Audio Clips for Dr. Kaninika Verma, Mclinical director of Sleep Medicine for OSF HealthCare

Mouth guard pushes the lower jaw forward.

“So that it actually opens up the back of the airway more to see if it can stay open, even when the airway is collapsing.” (:10)

It can take a few adjustments for comfort and to make sure the mouth guard is working the way it should.

“Once the dentist fits the mouthpiece and makes the adjustment, we just do another sleep study with the mouthpiece to document the treatment. So of course, once the sleep study is done (and it’s determined) ‘Hey you’re doing good,’ then every time the patient sleeps they’ll have to wear that mouthpiece,” according to Dr. Verma. (:20)

It can be a challenge to document use for professions that require proof of compliance with treatment such as being a pilot or truck driver.

“On a mouthpiece there’s really no way of following compliance, meaning if you’re using it or not. There has been some headway into getting some of these mouthpieces to document use but it’s not been very robust or been used a lot with a mouth guard.” (:20)

Mouth guards can stop being effective over time.

“So a lot of them have gone back on CPAP or some of them we’ve said, ‘No your mouthpiece is working. Let’s look at something else and work with your primary care physicians or other doctors to see why you’re so tired during the day.’” (:15)