

7 Habits of Highly Successful Sleep Apnea Dental Device Users



1. They realize oral appliances are an investment in health



5. They adequately clean and maintain their dental health & devices



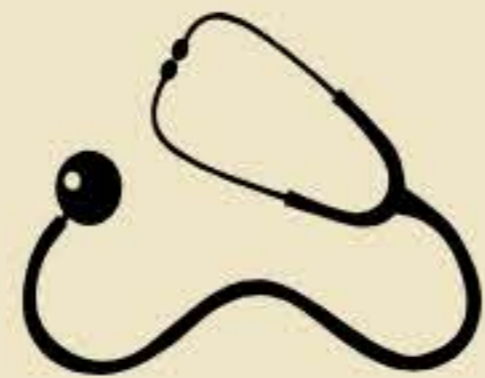
2. They seek help from qualified dentists



6. They consider additional treatments.



3. They return for follow-up visits



7. They focus on lifestyle changes.



4. They get follow up sleep tests, if advised.

