



# 7 Habits of Highly Successful Sleep Apnea Dental Device Users

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We want you to be successful with oral appliance usage.  
Here's a shortlist of habits that are often found in successful oral appliance users.

## 1. Realize that oral appliance therapy is an investment in your health:

Not treating apnea can take years off your life, even for those who do not show symptoms. Whether or not you experience symptoms or are diagnosed at any level of apnea, seeking oral appliance therapy is an investment in your long-term health.

## 2. Seek help from qualified dentists that guide follow-up care.

Obstructive sleep apnea is usually a lifelong medical condition. Obtaining an oral appliance is far more than receiving a device. There are side effects that can be prevented and managed with guidance from an oral appliance therapy dentist. A qualified dentist educated in dental sleep medicine can help troubleshoot problems in improving long term success.

## 3. Successful oral appliance users return for recommended follow-up visits.

Follow up care can often influence the failure or success of oral appliance therapy. Follow up visits can prevent unwanted side effects from arising. Even if you feel great after wearing your device, your device may not be set in the best position to eliminate all apnea events and restore sleep oxygen levels.

## 4. Successful oral appliance users get a follow-up sleep test if advised to confirm effectiveness.

Successful oral appliance users have confirmation that their device is fully effective, beyond just relief of symptoms. The only way to determine the full effectiveness of the device is through a sleep test with the device inserted. Recommendations on testing depend on the details of the original diagnosis.

## 5. Successful oral appliance users adequately clean and maintain their dental health and their devices.

Keeping up with your preventative dental visits and proper maintenance of your specific device can protect your investment and add to your success as an oral appliance user.

## 6. Successful oral appliance users consider additional treatments when needed.

At times oral devices are only partially effective in treating apnea. Additional treatments can improve results or manage potential side effects. Additional treatments may include positional devices, nasal dilators, nasal surgeries, or even alternating with CPAP therapy if possible.

## 7. Most importantly, successful oral appliance users focus on lifestyle changes.

For long term success, embracing a lifestyle that promotes a healthy weight and sleep habits is imperative. Areas to focus on include nutrition, exercise, and adequate sleep amount. A positive attitude is often the best play to start in making new health goals and strategies. Mental health and stress management also play a huge role in building new healthy habits.

***For further guidance or questions contact your sleep apnea dentist***

All material is intended to be of a general educational nature only and should not be substituted for medical advice.  
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