

ADVANCEMENT SLEEP LOG FOR ANY DEVICE

Keep a daily record of your progress. Things to include are an improvement of symptoms such as snoring, poor sleep, morning headaches, and excessive sleepiness during the day. Also note if painful symptoms arise in the head, neck or jaw areas.

<u>Date:</u>	<u># turns added / strap/ tray numbers</u>	<u>Comfort level 1-5</u>	<u>Sleep Notes-Symptoms?</u>

Live alone? Snoring your only symptom?

If you live alone or unable to receive feedback on your snoring levels, it may be difficult to know if the device is working and if an adjustment is required. In some cases, a sign may be noticing fewer self-awakenings, gasping or fewer throat irritations.

A phone app such as SnoreLab may be a good start for adjustment guidance. After you have a base night recording without the device inserted, repeat the home app Snorelab recording when you have the OA inserted and compare the Snore Score Summaries. **Reminder: if snoring stops, apnea may still be present.**

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7 Habits of Highly Successful Sleep Apnea Dental Device Users

We want you to be successful with oral appliance usage.
Here's a short list 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. **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. **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. **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. **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, 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.
Users should seek oral appliance therapy guidance from professionally qualified physicians and dentists.

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