

41. Efficacy of mandibular advancement device in obstructive sleep apnea patients

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Sound sleep is a physiological need of the body for growth, development and maintenance of overall health. But due to change in life styles, food habits and strenuous working leads to sleep disorder. Obstructive sleep apnea (osa) is a condition wherein there is repetitive and intermittent collapse of the upper airway during sleep. Continuous positive airway pressure (cpap) remains the gold standard treatment for obstructive sleep apnea (osa). However, the high efficacy of cpap is offset by intolerance and poor compliance, which can undermine effectiveness. In recent years, oral appliances have emerged as the leading alternative to cpap. The most commonly used appliances are mandibular advancement devices (mad). The american sleep disorders association defines mad as a device which

is introduced into the mouth and modifies the position of the jaw, the tongue and other supporting structures of the upper airway for the treatment of chronic snoring and osa. Studies show that mads are sufficiently effective in mild to moderate cases of osa patients.

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