

15. Curbing sleep apnoea: A prosthodontic approach

Lakshmi Ramesh

A B Shetty Memorial Institute of Dental Sciences, Mangalore

Obstructive sleep apnoea is a common sleep disorder which is characterised by episodes of cessation of breathing during sleep. It is a potentially serious sleep disorder where the muscles of the pharynx intermittently relax and therefore obstruct the airway. Sleep apnoea when untreated causes complications such as hypertension, type 2 diabetes, cardiovascular disorders, stroke, seizures, headaches and mental health conditions such as depression.. Treatments for obstructive sleep apnoea are based on its cause and severity. Mild to moderate sleep apnoea can be treated using intraoral devices that keeps the airway open or a mouthpiece to thrust the jaw forward during sleep. In more severe cases surgery is an option. This article reviews various prosthodontic approaches that are used to treat mild to moderate obstructive sleep apnoea.

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