

Condition Treated

Treatment Information

Snoring



Positional device (anti-snoring cushion) This device is a natural and non-invasive treatment for snoring. The cushion is worn like a soft, lightweight backpack positioned along the middle of the back. It rests comfortably in place and is not noticeable when you sleep on your side or stomach, but it will prevent you from rolling onto your back during sleep. This cushion can be successful when used alone or in combination with other treatments for snoring or obstructive sleep apnea. (Additional information about this cushion can be found at: www.endsnoringnow.com.)

Obstructive Sleep Apnea



Continuous positive airway pressure (CPAP) treatment Currently, this is the primary treatment for people with obstructive sleep apnea. The device has a small air blower connected by a flexible hose to a cushioned plastic mask that covers your nose. The blower forces air through the hose and mask into your nose and throat to keep the air passage open during sleep.

Snoring and Obstructive Sleep Apnea



Oral appliance therapy An oral appliance is a small acrylic device that fits over your upper and lower teeth or tongue (similar to an orthodontic retainer or mouth guard). This device slightly advances the lower jaw or tongue moving the base of the tongue forward to open the airway. This improves breathing and reduces snoring and apnea. The appliance is customized for each patient by a dentist experienced in the treatment of snoring and obstructive sleep apnea. This therapy is effective for treating people with snoring and mild to moderate obstructive sleep apnea (and certain cases of severe OSA) and is usually well-tolerated by patients.

Snoring and Sleep Apnea

Surgery

- Laser-assisted uvulopalatoplasty (LAUP) is a technique that removes a portion of the soft palate and most of the uvula and is often done in the office using local anesthetic. Less effective for treating people with moderate or severe obstructive sleep apnea.
- Uvulopalatopharyngioplasty (UPPP). Done in the hospital, this procedure removes all of the uvula and about one-third of the soft palate. It requires a 2-week healing time and can be effective for treating people with snoring and mild obstructive sleep apnea. It is not as effective for treating people with moderate to severe obstructive sleep apnea.
- Somnoplasty (radio frequency surgery) is a minor surgical procedure completed in the physician's office using local anesthesia and a customized electrode that delivers radio frequency energy to the tongue and/or soft palate. This treatment reduces snoring by creating scarring which decreases vibration of the tissues.