

Decision Algorithm for Sleep Disordered Breathing for the Dentist

Snoring patient

Screening tests given to all patients with chief complaint of snoring

1. Sleep recorder
2. Assess daytime sleepiness with Epworth Sleepiness Scale (ESS)
3. Assess snoring with Thornton Snoring Scale (TSS)

Determine RDI

If RDI is less than 10, $ESS \leq 7$, and $SOS \leq 3$, Treat with TAP

Reevaluate every year with PO, ESS, TSS, SOS

If RDI is greater than 10, or $ESS > 7$, or $SOS > 3$ Clinical trial with TAP appliance

1. Titrate with sleep recorder
2. If sleep recorder is less than 10 after titration, $ESS \leq 7$, $SOS \leq 3$, and patient is satisfied with the results,
 - a. consult with physician with patients permission
 - b. recommend nightly wearing of appliance
 - c. place on yearly recall for retesting

If sleep recorder is greater than 10, ESS is greater than 7,

1. Trial Cpap
2. Split night study assessing Cpap, Tap, or a combination of both

Cpap failure

Review sleep study

Screening tests given

1. Sleep recorder > 4 hours of sleep
2. Assess daytime sleepiness with Epworth Sleepiness Scale (ESS)
3. Assess snoring with Thornton Snoring Scale (TSS)

Determine RDI

1. Titrate using sleep recorder
2. If sleep recorder is greater than 10, retry Cpap with TAP
3. Place on yearly recall