

Criteria for the Evaluation of Oral Appliances for the Treatment of Sleep Disordered Breathing

<u>Category</u>	<u>Ideal</u>	<u>TAP</u>
Treatment results		
Efficacy	= to CPAP (snoring, uars, osa)	Close to CPAP (Pancer Others)
Effectiveness	excellent efficacy with 90% compliance	efficacy times compliance better than Cpap
Morbidity		
General	none	minimal
Dental	none	see under dental morbidity
Combined treatment	enhances all other modalities	yes
Dental Morbidity		
Major (long term)	none	(under investigation)
TMD	none	improvement of rom & other symptoms (if no posterior contact)
Tooth movement	none	minimal
TMJ	none	none
Malocclusion	none	3.5%, treatable with equilibration
Minor		
Excessive salivation, dry mouth	none	variable (improves with lip competence)
Transient malocclusion	none	usually less than 1 hr
TMD	none	< three weeks
Functional Attributes		
Infinitely adjustable a-p after construction	yes	yes
Adjustable lateral freedom after construction	yes	yes (1 to 20 mm)
Adjustable by patient while in mouth	yes	yes
Anterior contact only	yes	yes
Easily maximized while in mouth	yes	yes
No adjustment of posterior on adjustment of protrusion	yes	yes
Individual appliances	yes	yes
Minimum encroachment on tongue (laterally and palatally)	yes	yes
Protrusive measured with appliance in mouth	yes	yes
Attachment for Cpap mask	yes	yes
Adjustable in sleep lab	yes	yes
Adjustment mechanism detachable	yes	yes
Two adjustment mechanisms	yes	yes

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Dental Attributes		
No interocclusal records	yes	yes
Position set at delivery	yes	yes
Specialized dental equipment unnecessary	yes	yes
Impressions poured at dental lab	yes	yes
Thermoplastic liner		
Precise fit at delivery	yes	yes
Precise impressions unnecessary	yes	yes
No polishing	yes	yes
No remakes with dental modifications	yes	yes
Liner material added and removed in office	yes	yes
Resilient (no distortion with protrusive forces)	yes	yes
Each appliance fitted separately	yes	yes
Auxiliaries easily trained to fit appliances	yes	yes
Minimal follow-up appointments	yes	yes
Minimal repairs	yes	yes
Minimal time for delivery	yes	yes
One appointment construction	yes	yes (for UTAP)
Excellent retention without wires	yes	yes
Patient attributes		
Individual appliances	yes	yes
Minimal bulk	yes	yes
Can talk without removing	yes	yes
Patient adjustments of thermoplastic material	yes	yes
Comfortable	yes	yes