

## Treatment Options for Obstructive Sleep Apnea

Obstructive Sleep Apnea is a treatable condition. Solutions such as weight loss and proper sleep hygiene are used to help patients rest easier, feel better during the day, and reduce their risk of health complications. Outside of these solutions, two primary treatment options exist, COAT and CPAP.

### **COAT (Continuous Open Airway Therapy):**

COAT is delivered via an oral device that is prescribed by a sleep physician and fitted by a dentist so that it can be comfortably worn in the mouth. The device treats OSA by moving the lower jaw slightly forward, which keeps the airway open.

### **CPAP (Continuous Positive Airway Pressure):**

CPAP is administered through a device, which supplies pressurized air through a tube and into a mask that is worn over the nose, or sometimes over the nose and the mouth. The increased air pressure prevents the airway from collapsing during sleep.

### **How do I get started with treatment?**

Getting started with treatment for sleep apnea is easier than it's ever been.

1. Complete our short sleep apnea questionnaire and speak to your dentist about your symptoms.
2. Your dentist will discuss if you should be referred to one of our collaborating sleep physicians for diagnosis and to determine the treatment option best suited to your needs.
3. If diagnosed with OSA and the sleep physician determines that COAT is the best method of treatment, you may be referred back to your dentist to be fitted with an oral device.