

## CONTRAST OF PRIMARY THERAPIES FOR OBSTRUCTIVE SLEEP APNEA POSITIVE AIRWAY PRESSURE AND DENTAL APPLIANCES

Robert G. Hooper, MD January 2022

	<u>POSITIVE AIRWAY PRESSURE</u>	<u>DENTAL APPLIANCE</u>
<b>Prescriber</b>	Sleep Physician	Sleep Physician
<b>Insurance</b>	Almost always covered to some extent.	Generally covered but some policies do not
<b>Cost</b>	Lesser	Greater
<b>Provider</b>	Durable Medical Equipment company	Specialty dentist
<b>Learning time</b>	1-3 months	1-3 months
<b>Success rate (AHI&lt;5)</b>	>90% at all levels of severity	Mild apnea good, moderate average, severe poor
<b>Correction of low oxygen levels</b>	Very good	Poor
<b>Long term complications</b>	Less than 0.5%	20 – 40 % Dentist dependent
<b>Portability</b>	Good	Excellent
<b>Power</b>	Electricity (12V)	None
<b>Monitoring</b>	Built into unit daily	Retesting required