1. Screening
Do you have any symptoms?
- Qualified dentists ask a number of screening questions.
- Your height, weight, and blood pressure are taken.
- You might also have an X-Ray or pictures taken of your mouth.

2. Diagnosis
Talking with your doctor
- Be prepared for a sleep evaluation and sleep test.
- PAP therapy is the most common treatment for OSA.
- Oral appliances are effective, less invasive and more comfortable.

3. Making & Fitting Your Oral Appliance
Personalized for every patient
- Impressions will be taken to make a custom appliance just for you.
- Adjustments will be made by your dentist as needed.
- Learning how to properly care for your device is important.

4. Getting Your Appliance in the Right Position
Comfort is a top priority
- An open airway and a comfortable fit is the goal.
- You might be asked to run a few tests while you sleep.
- Your physician is kept updated on your treatment.

5. Follow-Up Visits
Is the device doing its job?
- Your qualified dentist will schedule yearly assessments.
- These appointments are about making changes if needed.
- The top goal is to make sure you’re comfortable.

6. Living with an Oral Appliance
Ease of use means ease of mind
- OAT is small, quiet, easy to use and comfortable.
- Getting the right treatment is helping your overall health.
- Qualified dentists can get your treatment right today!