

Nonsurgical Treatment Options for Adult OSA

Oral Appliance Therapy (OAT)

Oral appliance (OA) is a mandibular repositioning appliance (MRA) which is designed to treat OSA. It is offered to enlarge the upper airway by advancing the lower jaw forward. It was reported the success rate of 54% to reduce apnea/hypopnea index to less than 10. (Review of oral appliances for treatment of sleep-disordered breathing.^{5 6}

Although not as efficacious as CPAP therapy, oral appliance therapy (OAT) can be an acceptable alternative treatment for snoring, mild OSA, and even moderate OSA. Because of subsidiary efficacy, OAT may only be used as alternative therapy in patients with severe OSA after they have been given a trial of CPAP and failed.

