



Acknowledgment of the Clinical Limitations of Treating Obstructive Sleep Apnea with Oral Appliance Therapy (mandibular advancement devices)

Oral Appliances are known to be effective treatment for mild to moderate obstructive sleep apnea

Oral Appliances can be used to treat severe sleep apnea when patients are CPAP intolerant and or have tried other treatments such as surgery, life-style changes, weight loss, etc. However, oral appliances have limitations and made need to be used in parallel with other treatments such as CPAP.

Though I have been diagnosed with _____ obstructive sleep apnea I elect to treat it with an oral appliance. I also acknowledge that I have been counseled on the limitations of oral appliances and that I may need to continue or start other treatments at the same time such as CPAP, weight loss, oral surgery.

The effectiveness of my oral appliance at treating my obstructive sleep apnea will be gauged or measured by either an in-lab sleep test or an ambulatory sleep test and evaluation by a board certified physician.

I accept responsibility to enter into either an in-lab follow up sleep test or ambulatory follow up sleep test once my oral appliance has been adjusted or during adjustment.

I acknowledge that oral appliances are not always a replacement for CPAP, surgery, weight loss or other optional treatments..

Patient Name: _____

Patient Signature: _____

Date: _____