

# TALKING SLEEP

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## Beware unproven and ineffective remedies for snoring and sleep apnea

There are many treatments for snoring advertised in the media, sold in chemists and on the internet that simply do not work. Several have been the subject of an enquiry by the Australian Competition and Consumer Commission (ACCC) - the consumer watchdog.

Choosing an incorrect treatment can cost you money and it can be detrimental to your health. Consequently it is very important to distinguish between proven effective treatments and unproven treatments.

### There are only two established treatments for snoring and sleep apnea that are recommended by physicians and sleep professionals throughout the world:

#### 1. Customised adjustable dental sleep appliances

Regarded by sleep physicians as the best available treatment for snoring with studies demonstrating a success rate of over 95%, they are also a proven and comfortable treatment for sleep apnea.

#### 2. Continuous Positive Airway Pressure (CPAP)

This is the optimal treatment for severe sleep apnea particularly if the patient also has problems with blood pressure and heart disease.

### Supplementary treatments

While dental sleep appliances and CPAP are the main treatments for snoring and sleep apnea, there are lifestyle factors which can be helpful. This can include weight loss, sleeping more on the side and elevating the head as well as avoiding drugs and alcohol.

Surgery is not a common treatment for snoring and sleep apnea. It is rarely done as the results are unpredictable and the side effects can be significant.

### Unproven and ineffective treatments

There are other remedies offered on the internet and in stores which include nasal strips, sprays, pillows, rings and the buteyko breathing technique. These remedies are not recommended by sleep physicians.

Choice magazine reviewed most of the "over the counter treatments" for snoring. This review was conducted by a team which included sleep physicians, and concluded that these treatments were unproven and mostly ineffective.

The dentists at SleepWise Clinic are the experts in the field and work closely with sleep physicians, doctors and ear, nose and throat specialists. We have successfully treated more than 4000 patients and are the most experienced practitioners in Australia.

### The Dorsal

A new generation customised adjustable dental sleep appliance.

The Dorsal is the first appliance in which the upper and lower components are not joined allowing a full range of jaw movement. The patient can easily adjust it to the ideal position in order to stop all the snoring and overcome sleep apnea.

Many patients who have been using an appliance and have changed to the Dorsal report an unprecedented level of comfort and effectiveness.



Recent studies demonstrate that the Dorsal appliance is more than 95% successful in overcoming snoring and very successful in treating sleep apnea.

### Scientific study comparing types of appliances

A recent study\* showed that one size fits all, non-adjustable appliances were 50% less effective, with a far greater potential to cause side effects. Given the poorer results of the prefabricated appliances, researchers in this study recommend only the use of custom-made adjustable appliances.

\* Comparison of a custom-made and a boil and bite appliance for the treatment of mild sleep apnea. Vanderveken OM et al Am J Respir Crit Care Med. 2008 Jul 15;178(2):197-202.

Call SleepWise Clinic on 1300 101 505 to make an appointment or to view a demonstration of the new generation appliances.