

Oral Appliance Therapy Program

When patients are referred to the Beacon Dental Sleep Medicine Clinic by their doctor, we assess suitability for an oral appliance (MAD) to manage their sleep disordered breathing. This involves dental examination (as the device is individualized and held in place by patient's teeth) before a device is designed and made. If you do not have a sleep disordered breathing diagnosis, we will refer you to an appropriate medical consultant, to diagnose your complaint, before device assessment. We offer a distinct pathway to managing your sleep issue.

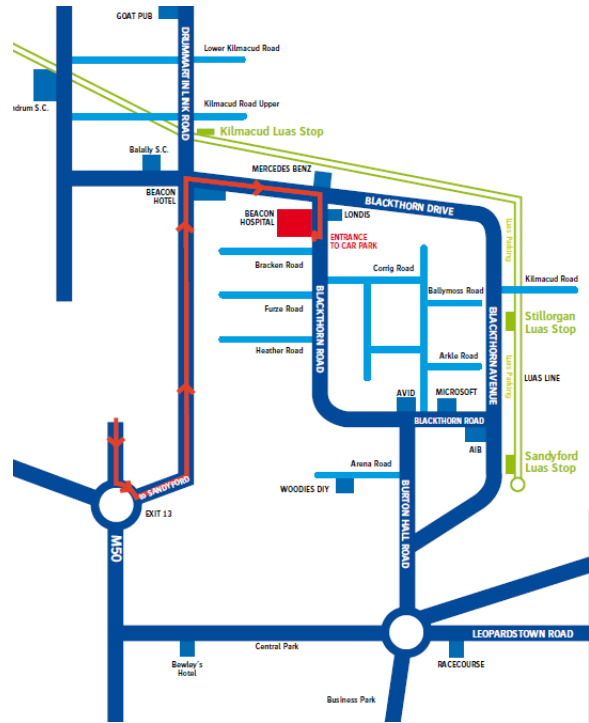
Treatment Interventions

In the treatment phase, an oral appliance (Mandibular Advancement Device) is designed and fitted by an American Board Certified Dental Specialist in Dental Sleep Medicine, with expertise and experience in this area. Your care will be monitored, your individualized progress and response to device intervention managed. All patients of the Beacon Dental Sleep Medicine Clinic are seen one week and one month following initial appliance delivery. You will also be provided with clear instructions as to the best use and care of your oral appliance.

Follow-Up Appointments

Patients with a Sleep Apnoea Diagnosis are referred back to their doctor for further evaluation. The performance of the appliance is re-evaluated at the Beacon Dental Clinic at specified intervals, monitoring its mechanical integrity and optimal performance in treating sleep disordered breathing.

Treatment Facilities



The Beacon Dental Clinic includes a fully digitized dental facility

It is located in the Beacon Consultants Clinic, Sandyford, on the Beacon Hospital Campus.

Please contact us for further details:

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Beacon Consultants Clinic,
Dublin 18
Ireland.

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Beacon Dental Sleep
Dental Sleep Medicine Clinic



Providing an individualised service to treat:

Sleep Disordered Breathing conditions including:

- ✓ Snoring
- ✓ Noisy Disturbed Sleep
- ✓ CPAP intolerance
- ✓ Sleep Bruxism (tooth grinding)

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What is Dental Sleep Medicine?

Dental Sleep Medicine is an area of clinical expertise which focuses on the management of sleep related breathing disorders, including snoring, noisy disturbed sleep, sleep apnoea, CPAP intolerance and sleep bruxism (tooth grinding), with the individual design and fitting of customized oral/dental appliances.

What is Oral Appliance Therapy?

An oral appliance is a device worn in the mouth during sleep. The device form is scanned and fits similar to a sports mouth guard or orthodontic dental retainer and is designed to prevent the airway from collapsing, by either supporting the tongue or jaw in a forward position, thereby opening the airway.

With a custom fitted oral appliance, we can help minimize or eliminate the symptoms of Sleep Disordered Breathing, Sleep Apnoea (in mild to moderate cases) including loud snoring, gasping and unpleasant noises.

The device can also act as an alternative treatment for patients (on medical advice only) who have been prescribed CPAP by their medical consultant, finding CPAP difficult, for the management of their Sleep Apnoea condition.

How Does Oral Appliance Therapy Work?

Oral appliances hold the lower jaw in a forward position, dilating the upper airway, preventing it from collapsing. This helps to:

- ✓ Eliminate or reduce snoring noise levels
- ✓ Improve sleep quality and overall energy levels on wakening
- ✓ Treat sleep apnoea disease progression
- ✓ Improves bed partners sleep quality of life.

Ask for a copy of our
sleep questionnaire.

Additional Services

- ✓ Referral for consultant led Medical diagnosis of Sleep Disordered Breathing, Noisy Loud Snoring and suspected Sleep Apnoea.
- ✓ CBT referral or Medical advice for Sleep Disorder Breathing Management.
- ✓ Dietician and weight management Referral, if indicated.
- ✓ Dental health care education.
- ✓ Routine in-office dental healthcare.



Mission Statement

We focus on the provision of a patient centered, integrated, Dental Sleep Medicine service, in collaboration with our medical colleagues, in order to ensure adherence to best practice in the clinical specialty. We continuously strive to achieve and maintain overall positive outcomes for patients through assessment and the provision of customized oral appliances for each patient. We provide care according to established protocols in the diagnosis and delivery of Dental Sleep Medicine Services under the Guidelines recommended by the Irish Sleep Society, The American Association of Dental Sleep Medicine and The American Association of Sleep Medicine. We are committed to ensuring the best long-term treatment outcomes for our patients, with ongoing patient reviews and device maintenance, including necessary onward referrals, following the delivery of an oral appliance service, as a key aspect of our approach.