

## Obstructive Sleep Apnea Self - Assessment

Never

1

Sometimes

2

Often

3

Always

4

☐

Sitting and reading

☐

Watching TV

☐

Sitting inactive in a public place

☐

As a passenger of a car for an hour  
without a break

☐

Lying down to rest in the afternoon

☐

Sitting and talking to someone

☐

Sitting quietly after lunch  
(with no alcohol)

☐

In a car, while stopped in traffic

Total Score :

If the final score is higher than 10,  
you are showing signs of excessive  
tiredness and may be experiencing  
sleep disordered breathing, including  
snoring and obstructive sleep apnea  
(OSA). **We recommend that you  
contact us.**

Above :

Epworth Sleepiness Scale, see more  
information at : <https://sleep.hms.harvard.edu/eworth-sleepiness-scale>

## Contact Us



Scan the QR code to  
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Beacon Dental Sleep



Mandibular Advancement  
Device Therapy Information  
Booklet

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## Our Approach at Beacon Dental Sleep

Beacon Consultants Sleep Health Clinic provide Oral Appliance Therapy, as a personalised treatment option for patients with Sleep Disordered Breathing, including mild and moderate Sleep Apnoea, patients who cannot tolerate CPAP (continuous positive airway pressure therapy) and Snorers. It is particularly helpful (with medical referral and past sleep disordered breathing history) for those who are unable to tolerate CPAP therapy.

The custom-made oral appliance therapy system is worn at night and works by gently repositioning the lower jaw (as prescribed) to assist in the maintenance of airway opening. This intervention supports optimal night-time oxygenation, reducing snoring, relieving symptoms of Sleep disordered Breathing.

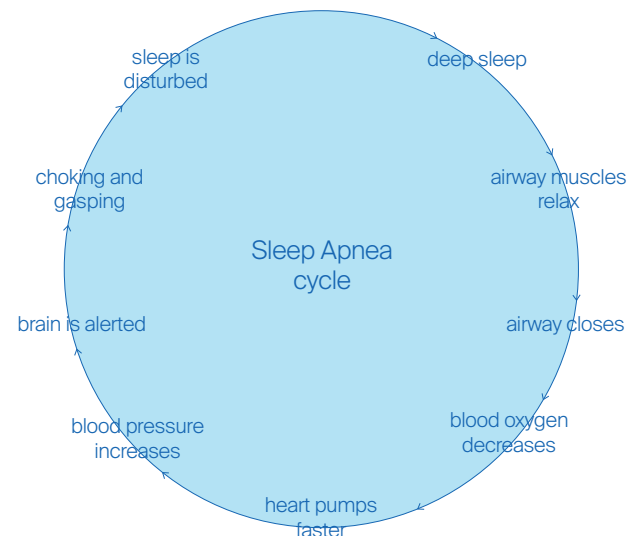
Each appliance is individually designed using our digital scanning technology for a precise, comfortable fit. Devices are medical grade manufactured from a durable, flexible material which may be adjusted incrementally, to ensure optimal device therapy performance, as you sleep. The effectiveness of the device is measured through an at-home overnight monitoring test, along with patient symptom reporting.

At Beacon Consultants Sleep Health Clinic we work closely with Respiratory Consultants, ENT Specialists, Sleep Physicians, GP's, and other healthcare providers to ensure you receive comprehensive care which supports both your sleep and your overall health.

Seeking a diagnosis for Sleep disordered breathing is essential to good health. Research is clear that undiagnosed, untreated Sleep Apnoea is unsafe. Many body systems are affected by untreated sleep disordered breathing. Some symptoms related to sleep disordered breathing and sleep apnea include:

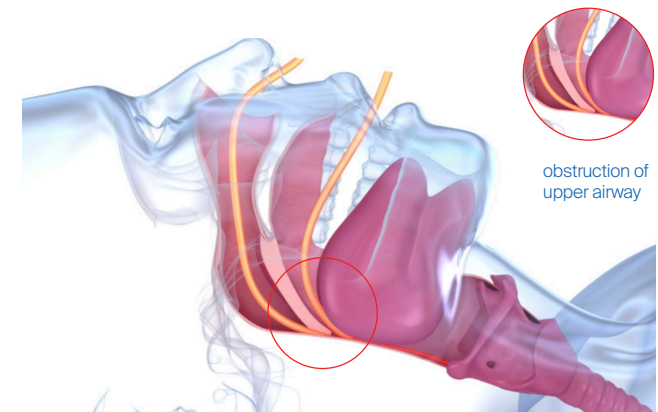
## Symptoms related to Sleep Disordered Breathing

Cognitive Problems (Attention, Memory, Brain fog, Mood regulation)
Morning Headaches
Dry Mouth and/or sore throat in the morning
Inconsistent/ laboured breathing during sleep
Cardiovascular Problems, irregular heart rates
Blood Pressure changes, hypertension
Excessive daytime sleepiness
Diabetes, and other related metabolic disorders
Gasping During Sleep
Lethargy, poor daytime energy
Depression



## Understanding Sleep Disordered Breathing

Sleep-disordered breathing is a term used to describe a range of conditions involving abnormal respiratory patterns or insufficient ventilation during sleep. It includes disruptions such as intermittent pauses in breathing, reduced airflow, or irregular breathing. These disturbances may result from obstruction of the upper airway, instability in respiratory control, or impaired neuromuscular function. Sleep Disordered Breathing can vary in type and severity, and is characterised by deviations from normal breathing patterns that occur exclusively during sleep.



## Understanding Mandibular Advancement device therapy (MAD)

Mandibular advancement device (MAD) therapy uses a custom-made oral appliance that gently positions the lower jaw (mandible) forward during sleep. This forward positioning alters the alignment of the jaw and surrounding tissues in a way that supports the natural airflow through the upper airway. The device is worn inside the mouth during sleep and is individually designed and adjustable to ensure comfort and precise function based on each person's anatomy.