



Sleep Better Columbus Expands Sleep Apnea Treatment with Oral Appliance Therapy for Patients Who Have Difficulty Tolerating CPAP

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Sleep Better Columbus has expanded access to oral appliance therapy as part of its comprehensive sleep apnea treatment services, providing an option for patients who have difficulty tolerating continuous positive airway pressure (CPAP) therapy. The expanded availability reflects the ongoing need for individualized treatment approaches that address varying patient preferences, comfort levels, and clinical needs while supporting long-term management of obstructive sleep apnea. The practice continues to focus on evidence-based care through customized treatment plans designed to improve nighttime breathing and overall sleep quality.

The expanded availability of oral appliance therapy is intended to provide an alternative treatment option for individuals who have been unable to consistently use CPAP equipment because of discomfort, intolerance, or other challenges. By broadening access to custom-fitted oral appliances, Sleep Better Columbus aims to make effective treatment available to a wider population throughout the Columbus, Ohio area.

Obstructive sleep apnea occurs when the muscles supporting the airway relax during sleep, causing repeated interruptions in breathing that may occur dozens or even hundreds of times throughout the night. These repeated breathing disruptions can reduce oxygen levels, fragment sleep, and contribute to daytime fatigue, morning headaches, impaired concentration, and other symptoms that affect daily functioning. Untreated sleep apnea has also been associated with increased risks for several long-term health concerns, making timely diagnosis and appropriate treatment an important part of comprehensive patient care.

CPAP therapy has long been recognized as an effective treatment for many individuals with obstructive sleep apnea. However, some patients experience difficulty adapting to the equipment because of mask discomfort, air pressure sensitivity, claustrophobia, noise, or challenges maintaining consistent nightly use. When patients cannot comfortably tolerate CPAP therapy, treatment adherence may decline, reducing the potential effectiveness of therapy over time.

Oral appliance therapy offers a non-invasive alternative that uses a custom-designed device worn during sleep to help maintain an open airway. Unlike one-size-fits-all devices, professionally fabricated oral appliances are individually fitted to each patient and adjusted to achieve both comfort and therapeutic effectiveness. The appliance works by gently repositioning the lower jaw and surrounding oral structures to reduce airway obstruction during sleep, helping many patients breathe more consistently throughout the night.

The expanded availability of oral appliance therapy reflects growing recognition that sleep apnea treatment should be tailored to each patient's unique clinical circumstances rather than relying on a single treatment approach for every individual. Careful patient evaluation helps determine whether an oral appliance is an appropriate option based on the severity of sleep apnea, anatomical considerations, medical history, and treatment goals. Ongoing follow-up appointments allow adjustments to be made as needed to help optimize comfort and therapeutic results.

Customized treatment planning remains an important component of successful sleep apnea management. Oral appliance therapy requires precise impressions, detailed measurements, and professional fitting to ensure that the device functions as intended while remaining comfortable enough for regular nightly use. Regular monitoring also helps evaluate treatment progress and identify any necessary modifications that may improve long-term effectiveness.

Sleep Better Columbus has expanded its oral appliance therapy services to accommodate increasing interest from patients seeking alternatives to CPAP therapy. The practice provides comprehensive evaluations, custom appliance fitting, follow-up care, and ongoing monitoring as part of its sleep apnea treatment process. This approach supports continuity of care while helping patients receive treatment that aligns with their

individual needs and clinical recommendations.

"Every patient experiences sleep apnea differently, and treatment should reflect those individual differences," said Dr. Mark Levy of Sleep Better Columbus. "Expanding access to oral appliance therapy allows more patients to explore an option that may be both comfortable and effective when CPAP has been difficult to tolerate."

The availability of custom oral appliances also addresses an important aspect of treatment success by encouraging greater long-term adherence. Patients who find therapy comfortable and practical are often more likely to use their prescribed treatment consistently, supporting improved sleep quality and more reliable management of obstructive sleep apnea. Continued follow-up care allows providers to evaluate patient progress and make adjustments that help maintain treatment effectiveness over time.

Because oral appliance therapy is portable and compact, many patients also appreciate its convenience during travel and everyday use. The absence of hoses, masks, and powered equipment may simplify nightly routines while providing an effective treatment option for appropriately selected individuals. Patient education remains an important part of the process so that expectations, treatment goals, and follow-up requirements are clearly understood throughout care.

"Expanding treatment options means more opportunities to match therapy with each patient's individual circumstances," said Dr. Mark Levy. "When patients have access to alternatives that fit comfortably into daily life, consistent treatment often becomes more achievable."

The expansion of oral appliance therapy services supports the practice's broader commitment to individualized sleep apnea care for adults experiencing disrupted sleep, loud snoring, excessive daytime fatigue, or other symptoms associated with obstructive sleep apnea. Every patient undergoes a comprehensive assessment before treatment recommendations are made, ensuring that therapy is selected according to appropriate clinical findings and personal treatment goals.

"Providing multiple evidence-based treatment options helps ensure that more patients have an opportunity to receive care that fits their needs," Dr. Mark Levy said. "The continued expansion of oral appliance therapy represents another step toward improving access to personalized sleep apnea treatment for patients throughout the Columbus community."

Additional information about available treatment options can be found at <https://sleepbettercolumbus.com/sleep-apnea-treatment/>

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Sleep Better Columbus

Sleep Better Columbus helps people with sleep apnea, snoring and the conditions associated with them, such as teeth grinding and fatigue.

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