



## **Sleep Better Columbus Expands Access to FDA-Cleared Oral Appliance Therapy for Mild to Moderate Sleep Apnea**

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Sleep Better Columbus is now offering FDA-cleared oral appliance therapy for patients diagnosed with mild to moderate obstructive sleep apnea, providing a clinically approved treatment pathway for individuals unable or unwilling to tolerate continuous positive airway pressure (CPAP) therapy. The customized oral devices, fitted and managed under the supervision of licensed professionals, are designed to maintain an open airway by gently repositioning the lower jaw during sleep. This advancement supports adult patients in Central Ohio seeking an alternative, non-invasive treatment for sleep-disordered breathing that complies with current medical guidelines and regulatory standards.

The Sleep Better Columbus sleep apnea treatment program follows clinical protocols endorsed by the American Academy of Sleep Medicine (AASM), including a formal diagnosis and physician referral before any intervention. In alignment with these guidelines, the practice works exclusively with patients diagnosed with obstructive sleep apnea by a qualified medical provider. The FDA-cleared oral appliance therapy is considered a first-line treatment for mild to moderate cases and a viable secondary option for patients with severe sleep apnea who cannot tolerate CPAP.

Dr. Mark Levy from Sleep Better Columbus explained that oral appliances offer distinct advantages for patients who have struggled with adherence to CPAP therapy. These include the portability of the devices, the absence of masks or hoses, and the comfort of a custom-fit solution. Unlike generic over-the-counter options, FDA-cleared oral appliances used at the practice are prescribed and adjusted based on the patient's specific anatomy and sleep study data. Each device is fabricated precisely to ensure proper mandible positioning and reduce airway obstruction during sleep, helping mitigate symptoms such as snoring, gasping, and daytime fatigue.

Dr. Mark Levy, an expert in sleep apnea treatment, emphasized the importance of accessibility to multiple treatment options within the scope of medically diagnosed sleep apnea. ?The use of FDA-cleared oral appliance therapy, especially for mild to moderate obstructive sleep apnea, reflects a shift toward more personalized, patient-friendly care,? Dr. Levy said. ?Our approach ensures that every treatment is evidence-based and complies fully with state and federal regulations governing dental sleep medicine.?

The oral appliance program at Sleep Better Columbus is managed through an interdisciplinary process that includes collaboration with certified sleep specialists, ensuring that the devices are prescribed only when clinically appropriate. Patients are evaluated for their sleep apnea diagnosis, anatomical suitability, and medical history, making the treatment both targeted and comprehensive. Once an oral appliance is prescribed, the patient undergoes a series of fittings, adjustments, and follow-up assessments to monitor therapeutic efficacy and comfort.

The clinic's initiative to expand access to FDA-cleared oral appliance therapy responds to the growing demand for alternatives to CPAP, particularly among those with CPAP intolerance due to claustrophobia, skin irritation, or pressure intolerance. Recent clinical studies and guideline updates have reinforced the role of oral appliance therapy in improving sleep quality, reducing apnea-hypopnea index (AHI), and enhancing daytime alertness in appropriately selected patients. While not universally effective for all forms of sleep apnea, these devices have shown positive outcomes in many adult cases, particularly when patients are monitored regularly and adhere to prescribed follow-up care.

Oral appliance therapy is also a much safer route to sleep apnea treatment over invasive surgical procedures. Sleep Better Columbus helps patients find non-invasive treatment options for their sleep apnea diagnosis.

Sleep apnea treatment at Sleep Better Columbus is contingent upon a confirmed diagnosis through a sleep study, or followed by a physician's referral, as required by current standards of care. This process ensures

that the use of oral appliances is limited to patients who meet the established clinical criteria, avoiding misuse and maintaining compliance with state licensing regulations.

Patients interested in exploring FDA-cleared oral appliance therapy for sleep apnea are encouraged to visit Sleep Better Columbus for more information or to schedule a consultation.

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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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