

# Sleep Better Columbus Expands Oral Appliance Therapy and Sleep Apnea Treatment Options for Patients Seeking CPAP Alternatives in Columbus, Ohio

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As awareness of obstructive sleep apnea continues to grow across Central Ohio, Sleep Better Columbus has announced an expansion of its oral appliance therapy offerings to better serve individuals seeking alternatives to traditional CPAP treatment. The expansion reflects increasing demand for noninvasive sleep apnea therapy options among patients who struggle with continuous positive airway pressure devices or are unable to tolerate them long term.

Sleep Better Columbus, based in Columbus, Ohio, focuses on the treatment of obstructive sleep apnea and related sleep-disordered breathing conditions through custom-fabricated oral appliances. The practice reports a steady rise in consultations from patients who have been diagnosed with sleep apnea but discontinued CPAP use due to discomfort, inconvenience, or lifestyle challenges. The expanded services aim to address that gap in care by providing additional evaluation protocols, appliance customization options, and follow-up monitoring for long-term treatment success.

Obstructive sleep apnea is a chronic condition characterized by repeated airway collapse during sleep, resulting in breathing interruptions, oxygen desaturation, and fragmented sleep cycles. Left untreated, sleep apnea has been associated with cardiovascular strain, daytime fatigue, cognitive impairment, and metabolic disruption. Despite the established role of CPAP therapy in managing moderate to severe cases, adherence remains a documented concern nationwide. Many patients find the mask interface, air pressure, or equipment maintenance difficult to maintain over time.

Oral appliance therapy is an alternative form of sleep apnea therapy that uses a custom-fitted device worn in the mouth during sleep. The appliance is designed to reposition the lower jaw and stabilize the airway, reducing airway obstruction and improving airflow. Unlike over-the-counter devices, professionally fabricated oral appliances are adjusted to each patient?s anatomy and monitored by a trained provider to ensure effectiveness and comfort.

Dr. Mark Levy, founding practitioner of Sleep Better Columbus, stated that the expansion was driven by the needs of patients who had previously felt limited in their treatment options. ?There are individuals who are motivated to treat their obstructive sleep apnea but cannot tolerate CPAP therapy,? said Dr. Levy. ?Oral appliance therapy provides a clinically appropriate alternative for many patients, and expanding access to this option helps ensure that more individuals receive consistent sleep apnea therapy that they can maintain.?

The March 2026 expansion includes enhanced screening protocols for new patients, collaborative coordination with referring physicians, and a broader range of custom oral appliance designs tailored to varying degrees of airway obstruction. These measures are intended to improve continuity of care and long-term compliance with prescribed sleep apnea therapy.

Seasonal factors have also contributed to increased interest in sleep health services. As daylight hours begin to extend in early spring, many individuals reassess overall wellness goals, including sleep quality, energy levels, and cardiovascular health. Clinicians at Sleep Better Columbus report that March frequently brings an uptick in patient inquiries, particularly from those who experienced increased fatigue during the winter months and are seeking sustainable solutions moving into the remainder of the year.

In addition to fatigue and snoring, untreated obstructive sleep apnea can present with morning headaches, difficulty concentrating, mood changes, and reduced workplace productivity. Family members often report disruptive snoring or witnessed breathing pauses during sleep. Oral appliance therapy addresses the structural component of airway collapse by gently advancing the mandible, helping to maintain an open airway throughout the night without the use of external air pressure equipment.

Dr. Levy emphasized that patient selection remains a critical component of effective sleep apnea therapy.

?Oral appliance therapy is not a one-size-fits-all solution,? he said. ?Each case is evaluated individually. Diagnostic confirmation of obstructive sleep apnea, assessment of severity, and evaluation of oral and jaw structure are all part of determining whether an oral appliance is appropriate. The goal is to match the right treatment to the right patient.?

The expansion reflects broader shifts within sleep medicine toward personalized treatment models. As research continues to highlight the systemic health implications of untreated sleep apnea, access to varied sleep apnea therapy options becomes increasingly relevant. Oral appliance therapy is recognized as an effective treatment for many individuals with mild to moderate obstructive sleep apnea and for certain patients with more severe presentations who cannot use CPAP therapy.

Beyond clinical considerations, lifestyle compatibility plays a significant role in treatment adherence. Patients frequently cite travel, shift work, or shared sleeping environments as challenges when using CPAP devices. Oral appliances, which are compact and portable, offer a different experience that some patients find easier to integrate into daily life. By expanding oral appliance therapy services, Sleep Better Columbus seeks to address these practical concerns while maintaining clinical oversight.

The practice reports that increased public awareness of sleep apnea has led to earlier screening and diagnosis. Primary care providers, cardiologists, and other healthcare professionals continue to refer patients for evaluation when symptoms suggest possible sleep-disordered breathing. The availability of expanded oral appliance therapy services in Columbus provides an additional pathway for patients who require alternative sleep apnea therapy solutions.

Dr. Levy noted that untreated sleep apnea remains underdiagnosed in many communities. ?Individuals often attribute chronic fatigue or loud snoring to normal aging or stress,? he said. ?When obstructive sleep apnea is properly diagnosed and treated, many patients experience measurable improvements in daytime alertness and overall quality of life. Expanding access to oral appliance therapy is one way to remove barriers that might prevent someone from pursuing treatment.?

Sleep Better Columbus continues to focus exclusively on noninvasive treatment options for sleep apnea and related airway conditions. The practice?s emphasis on oral appliance therapy aligns with patient-centered care principles and evolving preferences within the field of sleep medicine. As Central Ohio residents evaluate health priorities in the spring of 2026, expanded sleep apnea therapy services provide an additional resource for individuals seeking manageable, long-term solutions.

Patients interested in learning more about oral appliance therapy and available sleep apnea therapy options may contact Sleep Better Columbus through its website at https://sleepbettercolumbus.com/ or by scheduling a consultation directly with the practice.

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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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