

Mandibular Advancement Splint (MAS)

There is good evidence that helping to protrude the jaw forwards using a dental device or mandibular advancement splint (MAS) can be of help to people who have simple snoring without daytime sleepiness. Such devices can also be of benefit for many people with mild obstructive sleep apnoea. However, unfortunately, these splints are not successful with everyone. Some individuals are unable to tolerate holding the splint in their mouth overnight, whilst others can keep the splint in all night but do not get the benefit they wish in terms of reduction in snoring or daytime sleepiness or improved sleep. We estimate that approximately a third to a half of patients make a definite improvement.

We are unable to know whether such a splint will work for you. Such devices are not available on the NHS except in exceptional circumstances. Therefore, we enclose further information should you wish to purchase one yourself. I am afraid that we cannot vouch for any one particular device but we have listed a variety of different options which you may wish to try. Some are off-the-shelf 'boil and bite' type and are relatively inexpensive. A customised splint can be designed for you. These are more expensive but may be better tolerated and, in some cases, are adjustable. Contacts include:-

- British Snoring & Sleep apnoea Association – www.britishsnoring.co.uk
Tel No. 01737 245638
- Sleep Pro – www.sleeppro.com Tel No. 01962 761 831
- TheraSnore – www.distaruk.com Tel No. 01159 843215
- Solutions4Snoring– www.solutions4snoring.com Tel No. 01225 422125 (local dentist for customised splints)
- Bath Clinic–www.bmihealthcare.co.uk Tel No. 01225 835555 (customised splints)
- Ashford Orthodontics Ltd www.ashfordorthodontic.co.uk or www.orthoapnea Tel: 0191 5652788 (suppliers of Orthopnea splints)
- Fast Systems Ltd – www.snorewizard.co.uk Tel No. 01491 419200

You can also ask your own dentist who may know of other sources for a dental splint.

With best wishes

Yours sincerely



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