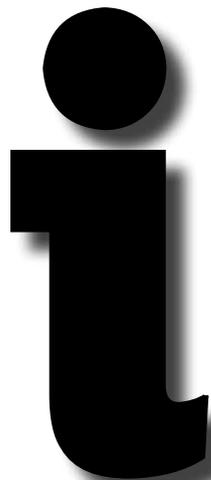


## ***Mandibular Advancement Splint***



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Name: Heather Durham  
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You have had a Sleep Nasendoscopy (an investigation or a 'look & see' under general anaesthetic) to see which part of your palate or mouth is causing you to snore. This test has shown that a mandibular advancement splint may help reduce your snoring.

A mandibular splint or mandibular advancement splint (MAS) is a device worn in the mouth. In most cases, they are used to treat simple snoring and occasionally mild obstructive sleep apnoea (OSA). These devices are also known as 'mandibular advancement devices', 'sleep apnoea oral appliances', and 'sleep apnoea mouth guards'.

Obstructive sleep apnoea (OSA) is the most common sleep-related breathing disorder with periodic reduction or cessation of airflow during sleep. It is associated with loud snoring and disrupted sleep. Up to 54% of elderly people suffer from it.

Treatment of OSA varies from simple measures such as mandibular advancement splints and nasal continuous positive airway pressure (CPAP) to surgical procedures such as uvulopalatopharyngoplasty.

We advise you to buy a mandibular advancement splint to assist your snoring. There are a number available to buy on the internet. If you find that the device is helpful, you can then go and see your dentist to have one made to fit you.

A mandibular advancement splint treats snoring and mild to moderate sleep apnoea by moving the lower jaw forward slightly and pulls the base of the tongue forward which opens the airway. It helps to tighten the soft tissue and muscles of the upper airway to prevent obstruction of the airway during sleep. The tightening created by the device also prevents the tissues of the upper airway from vibrating as air passes over them – the most common cause of loud snoring.

Mandibular advancement splints are widely used and there is now good evidence that they can greatly help reduce snoring by holding the lower jaw forward and closed during sleep. Where appropriate, they are considered a good therapy choice as they are non-invasive, easily reversible, quiet and generally well accepted by patients.

For more information:

[www.britishsnoring.co.uk](http://www.britishsnoring.co.uk)

[www.snorban.co.uk](http://www.snorban.co.uk)

**Day Surgery Unit**  
**01722 336262 ext 4550**