

Category	Examples of Devices	Comment
Mono-block	<ul style="list-style-type: none"> • Klearway • Adjustable PM Positioner • Elastomeric Sleep Appliance 	In general, mono-blocks are not adjustable. The Adjustable PM Positioner and Klearway function like a mono-block but can protrude the mandible.
Hinge-based	<ul style="list-style-type: none"> • Airway Management Inc (AMI) TAP Series • Lamberg Sleep Well Appliance • The Silencer • SomnoGuard Adjustable 	No posterior contact in general but can be added chair side or in the laboratory. AMI's DreamTap allows more tongue space. TAP devices are also Medicare approved.
Compression-based	<ul style="list-style-type: none"> • Herbst • SomnoMed SUAD • Dream Systems LLC OASYS Hinge • Somnowell Inc Somnowell Chrome 	It's like Class 3 elastic configuration where the lower jaw is pushed forward. At one point it was recommended for bruxers. Some labs have Herbst devices that are Medicare approved.
Traction-based	<ul style="list-style-type: none"> • Dorsal design • ProSomnus Sleep Technologies MicrO₂ • ResMed Narval CC • Panthera Dental Panthera D-SAD • Modern Dental Laboratory USA The Moses • The Luco Hybrid OSA Appliance • Glidewell Laboratories Silent Nite sl • EMA (Elastic Mandibular Advancement) 	Many different variations are present in the dorsal range of devices. Narval and Panthera are crafted from a lightweight, flexible, and metal-free biocompatible material. MicrO ₂ is designed to be lingual-free and is intended to offer patients maximum tongue space (with the same idea behind The Moses). Narval and Panthera are now considered first choice by many clinicians for bruxers.
Other	<ul style="list-style-type: none"> • Dream Systems OASYS • Full Breath Solution 	These devices have some modifications to allow the mandible to be held forward,

	<ul style="list-style-type: none"> • aveoTSD (tongue stabilizing device) 	or the tongue, as in the Full Breath Solution and aveoTSD.
Trial/temporary	<ul style="list-style-type: none"> • AMI MyTAP • Sleep Group Solutions NORAD (nocturnal oral airway dilator) • SomnoGuard 2.0 • SnoreSilencer Pro • Advanced Brain Monitoring Apnea Guard • Apnea Sciences ApneaRx • Sleeping Well, LLC ZQuiet S.A. • Silent Sleep 	<ol style="list-style-type: none"> 1. Trial/temporary appliances can be used in many clinical situations, such as during a repair of a custom appliance to allow the patient to have some treatment in the meantime. 2. Patient not certain if custom OA may work for them. 3. Use a trial appliance to titrate in the lab to determine if OA will be effective.

Note: Not all appliances are listed.

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