




Information based on data submitted by oral appliance marketers. Sleep Review strives for accuracy but cannot be held responsible for claims made by marketers. All temporary oral appliances may not be included. E-mail editor@sleepreviewmag.com to be considered for the next update.

Company	Advanced Brain Monitoring Inc	Airway Management Inc	Glidewell Laboratories
Appliance	 Apnea Guard	 myTAP	 Silent Nite sl
Website	www.advancedbrainmonitoring.com/products/apnea-guard	www.tapintosleep.com	glidewell dental.com/solutions/sleep-dentistry/mandibular-advancement-devices/silent-nite-sleep-appliance
FDA Status	FDA cleared in 2011 (Class II Device)	FDA cleared to treat snoring and mild to moderate OSA (Class II Device)	FDA 510(k) cleared June 25, 1997 for snoring; FDA 510(k) cleared June 14, 2018 for snoring and mild to moderate OSA
How It Works	The Apnea Guard combines a full range of mandibular advancement with one of three vertical dimension settings to define the optimal jaw forward position for the treatment of obstructive sleep apnea. The Apnea Guard can serve as a titration appliance with the settings transferred to a custom appliance or used as a trial/temporary appliance for up to 30 days.	The myTAP works by advancing and stabilizing the lower jaw at a single point midline so the soft tissues of the throat and tongue do not collapse into the airway. The myTAP comes with an AM Aligner to prevent tooth and jaw movement and a Mouth Shield to promote nasal breathing.	Mandibular advancement appliance. Connectors on right and left buccal side will pull the mandible in protrusion to open up the airway. 6 adjustable settings. AM Aligner offered with every Silent Nite.
Time to Fit	6-12 minutes (depending on experience)	10-15 minutes (with an AM Aligner)	<15 minutes
Maximum Protrusion (mm)	18	21	6
Maximum Retrusion (mm)	7 (forward adjustment from midline for class 1 (retrognathic) bites)	-5	-1
Adjustment Increment (mm)	1	1/3	1
Materials	5.5 grams of catalyst and base retention material are required to fit the top or bottom trays of the low, medium, or high Apnea Guard.	The inner tray is a patented ThermAcryl material that can be reformed and remolded as many times as necessary.	Trays are standard soft inner liner and hard outer layer. May also come in hard/hard based on undercuts.
Predictive Value Data	Identifying responders to custom oral appliance: Odds 3.4 p<0.02. Identifying those who achieve a custom OA AHI < 10: Odds 4.0 p<0.002. (Data presented at AADSM 2019)	Study compared myTAP to custom SomnoMed Flex: results showed that myTAP identifies responders to OA treatment. Also, myTAP significantly reduced AHI in severe OSA cases. (doi: 10.1155/2021/8811700)	Silent Nite may be used provisionally per Glidewell's provisional mandibular advancement device protocol. But it does not need to be only a "temporary" appliance. It's a definitive solution for snoring and mild to moderate obstructive sleep apnea.
Warranty (days)	30	30	180
Estimated Useful Life (days)	30	90	Varies based on factors such as clenching, bruxing, and maintenance
Payer Reimbursement Status	Providers have been consistently reimbursed using E0485.	A limited volume of clients have seen varying reimbursements under E0485. This is new and developing information.	No payor reimbursement data provided but marketer offers a guarantee that if it doesn't stop snoring, the user can get their money back.
Research Supporting the Appliance	Levendowski DJ, Sall E, Morgan T, et al. Validation of a novel trial oral appliance protocol versus a conventional custom oral appliance protocol for the treatment of obstructive sleep apnea. <i>J Dent Sleep Med.</i> 2021;8(2).	Boschieter PFN, Uniken Venema JAM, Vonk PE, et al. Equal effect of a noncustom vs a custom mandibular advancement device in treatment of obstructive sleep apnea. <i>J Clin Sleep Med.</i> 2022 Sep 1;18(9):2155-65.	Borrie F, Keightley A, Blacker S, Serrant P. Mandibular advancement appliances for treating sleep apnoea/hypopnoea syndrome. <i>Evid Based Dent.</i> 2013 Mar;14(1):27-8. ●