

Don't Get Burned by Online and "As seen on TV" Snoring Appliances

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If you watch any TV at all you have probably seen the commercials for "self molded" one size fits all non-custom oral appliances for snoring. While it is very likely that these appliances do help some people, there are a few things you need to know about using an appliance that you fit yourself without the guidance of your dentist or doctor.

1. The FDA has NEVER approved an oral appliance for sale direct to the public without the prescription of a dentist or a medical doctor. The companies that sell appliances on TV or online are either completely ignorant of this law, or they are knowingly breaking the law, or they are taking advantage of a "gray area" in the law by having some dentist somewhere "prescribe" the appliance, although they never see the patient.
2. The FDA treats snoring and sleep apnea the same. In other words, there is no such thing as an oral appliance that is FDA approved for snoring only. Some companies say that their appliance is only for snoring. However, there is no way to tell if someone who is snoring has sleep apnea (when you stop breathing when you sleep) or if they are just snoring. We are also finding out through research that snoring can be very hazardous to your health and your bed partner's health too. Treating yourself with a self fit oral appliance might help your snoring BUT mask the fact that you have an underlying sleep disorder. This can literally be a matter of life and death.
3. Oral appliances OFTEN have side effects associated with their use. These include TMJ pain, changes in the bite, muscle pain, spaces developing between the teeth, and other problems. If a well trained dentist examined you, chose an appropriate appliance, fit it well (which usually takes several appointments) and sees you for follow up on a regular basis, it is much less likely that you will have any substantial side effects. If you are using an appliance you fit yourself, it is possible that you could have PERMANENT side effects that could result in the need to have braces (orthodontics) or even thousands of dollars worth of crowns. If you read the fine print in the online/TV appliance packaging, it will tell you that if you have any side effects AT ALL you should stop using the appliance. And if you do end up with permanent side effects, and you call the company, they'll tell you that you should have stopped using the appliance before the side effects occurred. They may give you your 50 bucks back—but the costs to fix your dental problems are all yours. In other words, BUYER BEWARE!

The bottom-line is this, snoring is often a sign of an underlying sleep disorder. Sleep apnea can result in numerous associated health conditions, including high blood pressure, depression, weight gain, heart

attack, stroke and other serious problems. Accurate diagnosis (by a medical doctor) and professional treatment are absolutely critical.

You probably wouldn't perform your own dental filling. You probably wouldn't treat your own infection with some antibiotics that you bought online. Why would you trust your sleep and your health to an online or TV product? We're not talking about cleaning up a spill with your "Sham Wow." We're talking about your number one asset—you!!

If you're looking to try an oral appliance without having to go to the expense of having a fully custom appliance fabricated, TALK TO YOUR SLEEP DOCTOR, DENTIST OR FAMILY PHYSICIAN about the Silent Sleep. The Silent Sleep is ONLY available through qualified practitioners. We believe your health is worth it.