

## **Conservative management of snoring patients with two mandibular removable appliances**

Sleep apnea is now widely recognized as a common clinical disorder with potentially life-threatening consequences. Many treatments have been proposed with various levels of success. In this study, anterior mandibular positioning appliances (Jasper-Jumper appliance and one-piece) were considered as one of the treatment modalities of intraoral removable appliances for prevention of sleep apnea. These appliances were used for alteration of the anatomical relationship and respiratory disturbances of the upper airway. Ten male patients with Angle Class II malocclusion were selected. From this study we conclude that anterior mandibular positioning appliances – either Jasper-Jumper or one-piece, are successful appliances, conservative treatment for prevention of sleep apnea. The therapeutic effect of both appliances is through improving the respiratory disturbances that occurred during sleep and increasing of the anatomical relationship of the upper airway. Both dentist and the patient must be aware of the deleterious side effect of micrognathia, retrognathia and narrowed mandibular arch on respiration during sleep. A team approach of management of sleep apnea currently includes not only otolaryngologist, pulmonologist, neurologist, sleep laboratories clinician, but also prosthodontists and orthodontists could be attributed to the team management of these patients.