

[Am J Respir Crit Care Med.](#) 1997 Feb;155(2):732-8. [Links](#)

A new tongue advancement technique for sleep-disordered breathing: side effects and efficacy.

[Schönhofer B](#), [Stoohs RA](#), [Rager H](#), [Wenzel M](#), [Wenzel G](#), [Köhler D](#).

Krankenhaus Kloster Grafschaft, Zentrum für Pneumologie und Allergologie, Schmollenberg-Grafschaft, Germany.

We examined the efficacy and the acceptance of an oral device (SnorEx) causing a forward displacement of the tongue for the treatment of sleep-disordered breathing (SDB). Twenty-three consecutive subjects with SDB were investigated. Noncompliance (NC) of use of the oral appliance was observed in 74% (17 of 23) of the subjects. NC patients were characterized by unacceptable local side effects of the prosthesis, lacking improvement of indicators of daytime well-being, and a missing reduction of the respiratory disturbance index (RDI). The device was tolerated without side effects in 26% (6 of 23) of the subjects. In these compliant (C) subjects the RDI, EDS, and snoring improved significantly ($p < 0.05$) compared with baseline values. After 6 mo using the device, five of the six C patients were still using it. We conclude that the high rate of noncompliance and the low efficacy of the SnorEx prosthesis preclude large-scale use of this treatment modality in patients with SDB and snoring since the local side effects are the principal cause of NC. No useful predictive parameter of treatment compliance or treatment success was found. Thus, this dental appliance should be prescribed only for selected patients failing other treatment modalities seen by an experienced sleep-disorders specialist.

PMID: 9032220 [PubMed - indexed for MEDLINE]