

WATERSEGE SLEEP APPLIANCES

FIXED POSITION

For strength and durability, the **Fixed Position** is the ideal choice. With proper use and care, the fixed position appliance can last long term. The main drawback is that it can be challenging to find the patient's static bite position in open protrusive on the first try, limiting the patient acceptance rate for this fixed-position appliance. It is not uncommon to fabricate multiple appliances while your patient adapts.

Advantages:

- Durable appliance.
- Fast turnaround time.
- Simple design.
- Ideal for edentulous patients.

Considerations:

- Zero protrusive adjustability.
- No lateral movement.
- An accurate open protrusive bite is required.



SLEEPEASE

The **Sleepease** has a similar design to the Nor Snore appliance. The design changes enhance its durability and longevity. The advanced screw in the upper block of the appliance adjusts the protrusive position. The blocks and wings are reinforced with a cast mesh to resist fracturing.

Advantages:

- Ideal for bruxism.
- Adjustable with the appliance key.
- Patient able to open and close while wearing the appliance.
- The appliance is repairable and durable.

Considerations:

- The design is bulky compared to an EMA.
- Advanced bite recommended.
- May be challenging for the patient to clean around hardware.



EMA

The **EMA** appliance is excellent for treating snoring and mild to moderate apnea in patients with natural dentition. The elastics positioned laterally come in different tensile strengths and lengths, which control the forward protrusion. The stiffer elastics limit lateral excursion. Patients like the comfort of the EMA appliance, which primarily results from the 2.5mm pressure-formed dual laminate shells.

Considerations:

- Missing or rotated teeth can result in retention, strength or fitment issues.
- Elastic retaining buttons can separate.
- The life of the appliance is affected by bruxism and clenching.
- The body of the appliance is non-repairable.

Advantages:

- A bite is not required.
- Replaceable elastics allow for adjustments of protrusive position.
- Small and light.
- Easy for patients to clean.
- Some lateral movement can be achieved.

