

Snoring and sleep apnea treatment – a comparison between CPAP and titratable mandibular repositioner appliances

Abstract

The sleep breathing disorders have pathophysiology, consequences and differential treatment for adults, adolescents and children. Through a literature review, this study aims to make a comparison between the controller continuous positive airway pressure (CPAP) and titratable mandibular repositioner appliances for the treatment of snoring and obstructive sleep apnea syndrome (OSAS) in adults. Aspects covered will be: function, indication, contraindication, treatment adherence, types of CPAP and types of AIO.

Key-words: snoring, obstructive sleep apnea syndrome, mandibular repositioner appliance.

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