**The Herbst® for Snoring and Obstructive Sleep Apnea (OSA)**

The Herbst appliance has been used for many years in the treatment of Class II malocclusions in children. With minor modifications, the Herbst appliance has been proven to be effective in the treatment of snoring to moderate OSA.

Adjustability is the primary advantage of the Herbst appliance in snoring and OSA cases. The appliance allows the clinician to advance the mandible more gently and precisely without the use of shims. One turn of the advancement collar will result in 5mm of movement.

**Herbst Material Options**

The Herbst appliance can be fabricated from three material options including hard acrylic, thermal active material, or bruxing material. The standard elastic samples provided are #64, 5/16" 8oz., they will be pliable for approximately 10-12 seconds. After insertion and while the appliance is still pliable, press firmly along the surface of your teeth and along the tongue side with your tongue. The excess saliva will subside as the patient becomes accustomed to the appliance.

**Appliance Delivery**

Delivering the appliance to your patient requires very little time and effort. The Herbst appliance simply needs to be evaluated for retention and areas of discomfort. After one week, check for any areas of irritation, and ask the patient to assess the effectiveness of the appliance to determine if advancement adjustments are necessary. The patient should rinse with warm tap water to allow the material to soften slightly for easy removal.

Patient Instructions

If your doctor chose the thermal active material version of the Herbst, please remember to first hold the appliance under warm tap water (hot to the touch). The material will soften and be pliable for approximately 10-12 seconds. After insertion and while the appliance is still pliable, press firmly along the surface of your teeth and along the tongue side with your tongue. This will allow maximum retention by forming the material to your tooth surfaces. The next morning, you should rinse with warm tap water to allow the material to soften slightly for easy removal. Doctors have reported that patients will remove the appliance while in the shower. Patients can initially expect increased salivation when they begin to wear the Herbst appliance. The excess saliva will subside as the patient becomes accustomed to the appliance.

**Caring for Your Appliance**

It is important not to soak your appliance. Store it, dry, in the case provided after following these cleaning instructions.

- **Use COOL water ONLY.**
  - Regularly clean the appliance the same way you clean your teeth – with a toothbrush, toothpaste and COOL water.
- **Do NOT use over-the-counter effervescent denture cleansers or mouthwash containing alcohol.**
  - Over-the-counter effervescent denture cleansers or mouthwash can alter the color and damage or weaken the appliance. Using these products may void the warranty.
- **We recommend DentaSOAK® for cleaning your appliance.**
  - Gentle, effective, and easy to use. DentaSOAK® cleans and destroys infection-causing bacteria - in just 15 minutes. DentaSOAK® is non-toxic, alcohol free, and persulfate free. DentaSOAK® is available in a convenient three month, six month, or one year supply.

To order DentaSOAK®, ask your dentist, order on-line at www.dentsoak.com, or call Great Lakes at 1-800-828-7626. Your order will arrive in about 10 days.

**Construction Records**

A construction bite is required. It should be made with the upper and lower work models poured in dental stone and recommended. If hard acrylic material is selected, two sets of models are suggested. However, if only one set of models is provided, Great Lakes will duplicate your models (additional charge) so that our technician can make the majority of your chair-side adjustments.
Snoring and Sleep Apnea

Snoring is a common breathing disorder that occurs during sleep and is generally considered to be simply a nuisance. Snoring, however, can be associated with a more serious condition known as Obstructive Sleep Apnea (OSA). It is characterized by repeated stoppages in breathing, each lasting 10 seconds or longer. OSA has been associated with daytime sleepiness, hypertension, and cardiac arrhythmias.

In recent years, dental appliances have been used to treat snoring or mild to moderate sleep apnea. Most of these appliances reposition the mandible forward and slightly open the vertical dimension to keep the airway space open during sleep. While several types of appliances appear to be effective, it is important to select one that is comfortable, promoting patient compliance and precisely fabricated so that pre-existing TMJ problems are not aggravated.

Other Clinically Proven Sleep Appliances from Great Lakes…

- Narval™ Appliance
- Klearway™ Appliance
- NAPA Appliance
- Elastomeric Appliance
- MPowRx™ Appliance