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The Effectiveness of a Modified Type of the Mandibular Repositioning Device on the Elimination of Snoring

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Abstract:

Statement of Problem: Snoring is the most common sleep disorder which in itself may only be viewed as an obnoxious disturbance in human society; however it must be considered a potential indicator of significant medical problems such as: hypertension, obstructive sleep apnea, cerebrovascular infarction and ischemic heart disease. Purpose: The purpose of this study was to evaluate the effectiveness of a modified type of Mandibular Repositioning Device (MRD splint) on the treatment of snoring. Materials and Methods: This before and after interventional study was carried out on 15 patients (4 females and 11 males) who suffered from snoring. All subjects had no upper airway obstruction. Maxillary and mandibular splints were made by clear heat-cured acrylic resin. A special screw connected to the anterior portion of the maxillary splint and an orthodontic wire No 1 positioned on the lower splint. The devices were tried in the mouth and relined with a softliner. This appliance was designed to protrude the mandible by use of a screw system. Snoring grades were determined before, and 3 weeks after treatment with the MRD. Data were analyzed by the Wilcoxon test. Results: A significant difference was observed between the snoring severity, before and after using the splints ($P = 0.001$). Conclusion: The present study showed this modified type of splint can be effective in decreasing or eliminating snoring. The effectiveness of the splint in the treatment of snoring could be related to its role of widening the upper airway.

Keywords:

Snoring . Mandibular repositioning device . Snoring severity . Splint

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