

## Insertion of the OASYS

The Clear Upper Oasys Splint is placed on the upper teeth first. Then after placing the Lower Oasys Splint in hot water, place the Upper Shield/Nasal Buttons up under the upper lip. The lower teeth are then guided up into the lower splint. (Fig.1).



## Mandibular Advancement

Mandibular advancement can be modified using the wrench to loosen/tighten the locks and evenly pushing distally on the shield to increase protrusion and pushing on the inside of the shield to decrease protrusion, using the MM markers as guides. (Fig. 2)



## Adjusting the Nasal Buttons for Improved Nasal Breathing and Comfort

With the OASYS in the mouth, the Cottle Maneuver (Fig. 3) will help determine if nasal air flow can be improved with repositioning of the Nasal Dilators.



Adjustments can then be done in the mouth by pulling the buttons outward to increase stretching of the tissue for nasal dilation or out of the mouth. (Fig. 4)



## Adjusting the Tongue Buttons for Comfort and Tongue Repositioning

The Lingual Tongue Buttons are set with a gentle lift on each side of the tongue, but can be adjusted by holding the lower splint and using the index finger and thumb to reposition them up, down or change the angulation. (Fig.5)



## Sleep & Nasal Breathing Quiz

Dentists are NOT Medically Qualified, nor Legally Permitted to Diagnose Snoring vs Sleep Apnea. A Diagnosis must be made by a Physician! This quiz can help you decide whether your patient's Snoring could be related to Sleep Apnea, if Nasal Breathing is an issue & a Sleep Test recommended.

1. Are you a loud and/or regular snorer?  Yes  No
2. Have you ever been observed to gasp or stop breathing during sleep?  Yes  No
3. Do you feel tired or groggy upon awakening, or do you awaken with a headache?  Yes  No
4. Are you often tired or fatigued during the wake time hours?  Yes  No
5. Do you fall asleep sitting, reading, watching TV or driving?  Yes  No
6. Do you often have problems with memory or concentration?  Yes  No

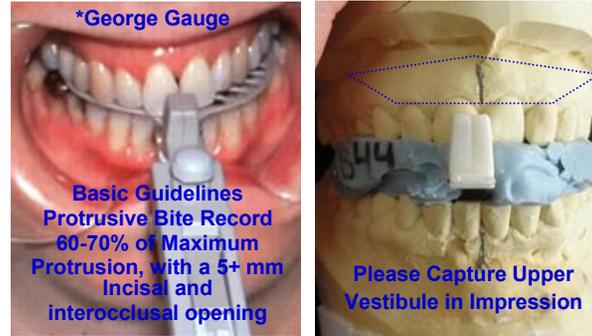
If you have one or more of these symptoms, you are at higher risk for having obstructive sleep apnea. If you are also overweight, have a large neck, and/or have high blood pressure..... the risk increases even further.

The OASYS not only opens the airway in the throat during sleep, but also improves nasal breathing. The questions below can identify nasal breathing issues and the Cottle Maneuver, (Fig. 3 Inside) can demonstrate the benefit of Nasal Dilation with the OASYS.

Do you struggle . . .

7. when breathing through your nose?  Yes  No
8. with nasal congestion or stuffiness?  Yes  No
9. with nasal blockage or obstruction?  Yes  No
10. with a Deviated Septum ?  Yes  No

## Impressions and Bite Registration



Compare the Centric & Protrusive Bites to verify if the Midline Position in Protrusive is the same as in Centric or shifts to the right or left when the mandible is brought forward. Note on the RX. A Variance of 2+mm may cause discomfort to the patient and an increased risk of bite changes with continued wear.



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Snoring, Obstructive Sleep Apnea,  
Sleep-Related Breathing Disorders

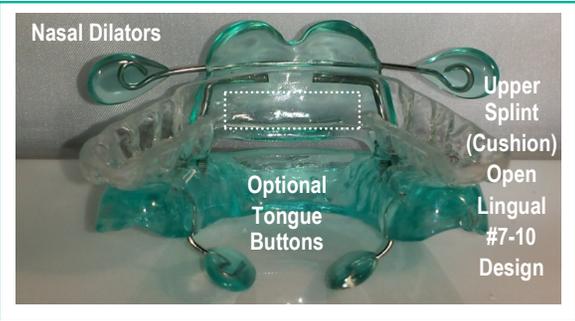
“There is more to  
Oral Appliance Therapy  
than Mandibular Advancement!”



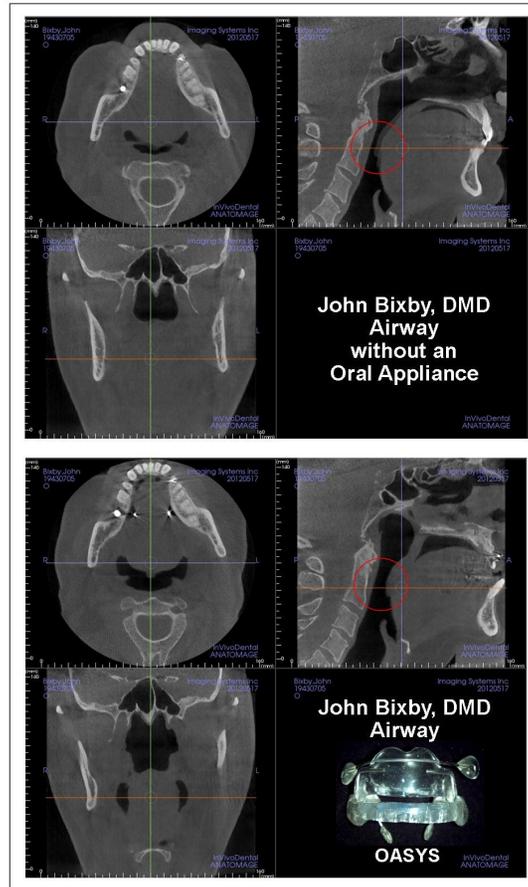
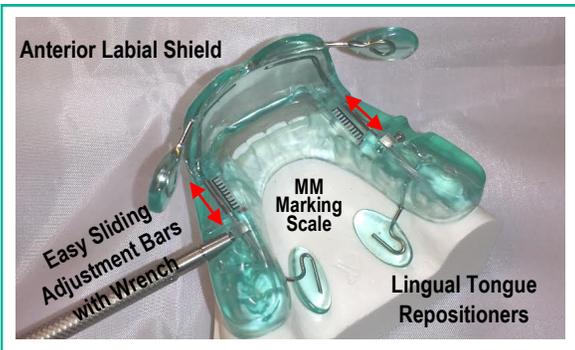
- ◆ Mandibular Advancement
- ◆ Improved Nasal Breathing
- ◆ Tongue Repositioning



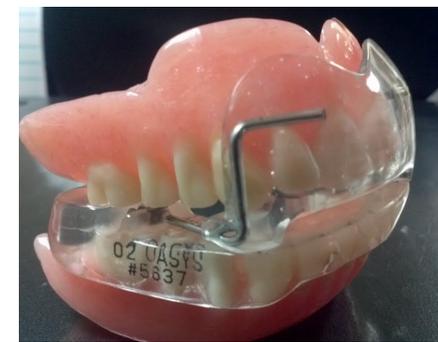
The **OASYS Oral / Nasal Airway System** is cleared as a 510 K Medical Device by the ENT and Dental Divisions of the FDA: (1) As a Mandibular Repositioner for treatment of Snoring and Sleep Apnea and (2) As a Nasal Dilator for improved breathing through the nose. It also treats sleep disordered breathing by addressing upper airway resistance in the nasal region. The Anterior Labial Shield adjusts easi-



ly forward and backward, 8-15mm on parallel bars. A 1.5 – 2.0 mm Clear Splint acts as a cushion to reduce pressure on the upper anterior teeth. **Patented Nasal Dilators** increase airflow through the nose. **Patented Lingual Tongue Buttons** can be added to help posture the tongue up and forward for improved treatment. **Dream Systems is the Research & Development Lab for the OASYS.**



The **Vertical** can be increased by adding acrylic to the Posterior Blocks. A **Lower Anterior Bite Block** with tongue groove can be added for bruxers. The **Lingual Incisal Shelf** of the **Labial Shield** can be removed for more tongue and breathing space. **The Anterior Shield** can be extended to the lower splint to reduce mouth breathing and encourage nasal breathing. The **Upper Oasys Splint** can be a full coverage splint or the acrylic can be removed lingual to #7-10 to encourage tongue placement at the incisal papilla. The **OASYS** can be modified to function well with an **Upper Denture** and in various **partially edentulous cases.**



**OASYS**  
With Upper Denture & Implant-Supported-Lower Denture

**OASYS Study 2011—John Bixby, DMD—Comfort Sleep NJ**

* 20 Patients 10 Severe Listed PSG Before & After	1 Male	Severe	Before	41.2	AHI	2.3	After		
	2 Male	Severe	Before	100.0	AHI	1.4	After		
	3 Male	Severe	Before	34.4	AHI	12.1	After		
	4 Male	Severe	Before	32.3	AHI	0.5	After		
	5 Male	Severe	Before	57.6	AHI	2.6	After		
	6 Male	Severe	Before	44.5	AHI	1.5	After		
	7 Male	Severe	Before	35.1	AHI	3.9	After		
	8 Male	Severe	Before	57.0	AHI	7.0	After		
	9 Female	Severe	Before	31.6	AHI	11.6	After		
	10 Male	Severe	Before	45.9	AHI	5.3	After		

"My ENT doctor recommended OASYS after I had problems using the CPAP. The OASYS sleep apnea device worked better than my CPAP and was more comfortable and easy to use. In addition to eliminating snoring and associated sleep apnea symptoms OASYS made breathing easier during allergy season and corrected the problems I had with grinding my teeth. So I got three problems solved with one device!" MED

**Combination Therapy**

Maybe an valuable option when the AHI cannot be reduced to an acceptable level with an oral appliance alone.

