



## Anti-Snoring Mouthpiece to Reduce Snoring at Home

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### Abstract

Millions of people suffer from sleep disorders in which commonly witnessed one are snoring, sleep talking, groaning. These become serious when they become chronic and heavy snoring also likely to indicate obstructive sleep Apnea (OSA). These disorders is kept untreated until and unless it cause trouble and kept avoided due to lack of knowledge upon treatment. The anti-snoring devices are effective way of prevention the person from snoring and to get a good sleep. These mouthpieces are easy to handle and use, affordable and easily available.

### Keyword:

Snoring, Obstructive Sleep Apnea, Dental Implants, Bruxism

### Introduction

Anti-snoring mouthpieces are also called as mouth guards. Snoring occurs when tongue tissues present in mouth and throat become relaxed mostly when prominent is in dream sleep, muscles are relaxed. The air passing through makes vibrational sounds which come out as snoring. Mostly back sleepers have habitual snoring as tongue likely to fall back and stop the airways.

### Description

Types of snoring devices – there are Portable anti snore nose clip- kept in between nose. Popularly used ones are 1. Tongue Stabilizing Devices (TSD)-these hold the tongue by preventing it from falling into throat. 2. Mandibular Advancement Devices (MADs)-these are kept into mouth by pushing the lower jaw forward for opening airway. Products like Snore Rx plus, Good morning snore solution- best tongue retaining device, vital sleep- good value, Z Quiet- good customization, Sleep Tight, Aveo TSD.

### Directions

These mouth guards are designed as boil & bite type, in which before using mouth guards are kept in hot water for softening thermoplastic present at upper and lower tray, then removed and cooled and bite down on those layers, some are customized by patient and sent to manufacture for custom-fitted device. TSD are not customized types they have one-size-fits-all of designs, which fit accordingly to person.

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### Precautions

Drug effect can last up to two years for majority of patients whereas dopamine agonists like rotigotine last up to five years, and other drugs gabapentin, encarbil up to one year effect, these therapy lacks efficient reports and evidence so kept aside for use.

### Side effect of mouth guards

– They vary according to anti snoring mouth guards

MADs-Prescription may require .causes jaw pain, stiffness, dry mouth. Expensive in some cases, may be heavy, require some processing before using it.

TRDs-As it is one-size-fits type design it not useable by everyone. Restricts breathing through mouth. Make Dry mouth and drooling.

### Conclusion

- Easy to use, transport.
- Appliances are durable.
- Appliances are quiet and comfortable.
- Breathable through mouth without disturbances.
- Minimizes night time bruxism.

### Conclusion

Usage of anti-snoring devices for repositioning tongue and to get open airways during sleep, most habitual snorer have used these devices and found it effective in every way. It describes the novel qualities, method of usage, pros and cons of devices for improvising snoring sleep disease.

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