

About the 'N.O.D'

The Nitetime oral device (N.O.D) appliance is an advanced MAS (Mandibular Advancement Splint) that has been developed to help people with sleeping problems associated with snoring and mild obstructive sleep apnea.

Appliance therapy through use of an MAS has become a favourable option to many sleep disorder practitioners and their patients. There can be many disadvantages with other treatments. Painful, permanent changes, expensive, uncomfortable or lack of effectiveness.

The N.O.D appliance has been assessed in a detailed sleep apnea and snoring study - North Atlantic Angle Society 2009.

Our appliance should not be painful, should have minimal if any permanent changes, is reasonably affordable, and with a well managed professional treatment, should be very effective.

Our design is unique due to the combination of all our design features. We believe these features are crucial for the treatment of snoring and mild obstructive sleep apnea.

Advantages to compare with other appliances

Articulated movements

Enables the patient to speak, yawn or even drink water without taking the appliance out of their mouth.

Adjustable protrusion

Patient comfort and appliance effectiveness is attainable by adjusting a screw.

Comfortable slim design

To provide maximum acceptance and minimise patient discomfort.

Maximum tongue room

Design should minimise impingement to the palate region insuring maximum airway clearance.

Minimum cheek obstruction

Cheek obstruction may cause patient discomfort when sleeping on their side and this is greatly reduced with this appliance.

Jaw closure assistance

To insure maximum airway clearance, by insuring the appliances are positioned at their most optimal position.

Full dental arch splint contact

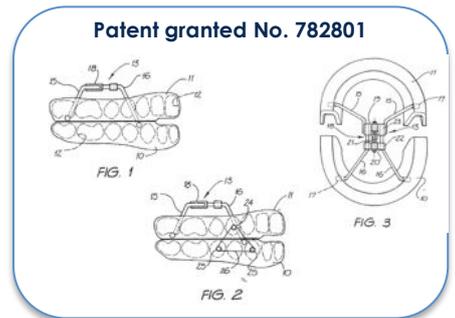
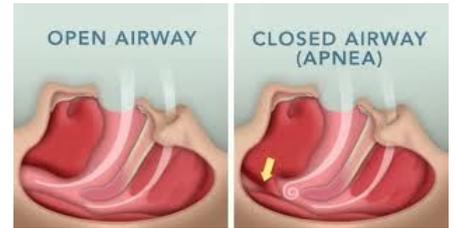
Even contact provides maximum stability to the patients' bite and aids in the prevention of any permanent dental changes.

Durable design

Provides resistance against bruxing and therefore insuring maximum appliance life.

Custom made

The appliance is 'custom made' by a laboratory to the patients models and should involve minimal adjustments, if any.



What does the dental practitioner need to supply the laboratory?

1. Accurate impressions or good quality gypsum models of the full upper and lower arches.
2. A protrusive bite registration that provides for positioning of the mandible in the most optimal position to minimize soft tissue obstructions. An effective bite registration may require some time to get right. A reasonable starting point would include the following;
 - ✓ Dental midlines should correspond evenly.
 - ✓ Allow minimum opening of approximately 3-5mm between each arch to allow for the 2 splints.
 - ✓ Advancement of the mandible at approximately 2/3rd of full protrusion. It may be necessary to advance further with some patients.
3. Prescription form allowing for minimum 3 weeks for construction of appliance.

It is recommended to have a sleep study by a qualified sleep physician before, during and after any treatment of snoring or sleep apnea

