



EMA or Silent Night Patient Instructions

1. You are being fit today with an oral appliance. Oral appliances are worn in the mouth during sleep to prevent the oropharyngeal tissues and the base of the tongue from collapsing and obstructing the airway.
2. As discussed previously, use of an oral appliance for the treatment of sleep disordered breathing is a therapy. The therapy is aimed at resolving symptoms of a medical disorder.
3. When wearing the appliance for the first time is it best to put your appliance in before bedtime. This gives your body time to get used to your appliance while you have other distractions going on. One hour before bedtime brush and floss your teeth and put the appliance in your mouth. Because this is a foreign object in your mouth, there will be an initial adjustment period in which you will become less aware of its presence. The best way for you to get through this adjustment period is simply to wear the appliance.
4. During the initial adjustment period you may be unable to sleep throughout the entire night with your appliance in your mouth. You will gradually work up to wearing the appliance all night. Allow several weeks to achieve this. You may experience an increase in saliva in your mouth. Please rest assured that this is only a temporary side effect. Eventually you will wear the appliance during all sleep hours unless otherwise instructed.
5. In order to ensure that the appliance is working to the maximum level of effectiveness we will need to adjust the appliance for maximum comfort, fit and therapeutic results. This may take several appointments depending upon the amount of adjustments needed. Ensuring the maximum effectiveness will involve you! We need you to keep track of the following things:
 - Are you able to sleep with the appliance?
 - Is it comfortable?
 - Are your teeth sore in the morning? If so, which teeth, and for how long?
 - Is your bite different than normal in the morning? If so for how long?
 - Does your jaw hurt? If so, when and for how long?
 - Did your bed partner hear you snore? If so, was it loud as usual, was any gasping or snorting observed? Did you appear to stop breathing at any

12. We are committed to working with you to ensure that oral appliance therapy works for you. We have had great success with patients who are willing to work with us. Occasionally we have patients that are quick to give up without effort. Our promise to you is that we will use our expertise to find solutions to any problems. Oftentimes there are custom appliances or custom solutions to unique situations.

Please call our office as soon as possible should you have any comfort issues, need further instruction, any adjustments to your appliance or have concerns about treatment.

Our office hours are: Monday -Thursday 8am-5pm.

In addition, if you call our office outside of office hours, until 6:30pm your call will be forwarded to a staff member who can answer your questions or forward your call to our doctors. After 6:30pm you can call the doctor's cell phone directly.

Dr. Brian Briesemeister 757-287-0757