

Dr P. Wulleman^a, Dr A. Belattar^b, Dr A. Inoshita^c, Dr H. Suzuki^d, Dr C. Mauclair^e, Dr B. Winter^f

^aSleepClinic.be, Bruxelles, Belgium, ^bClinique hôpital de la Roseraie, Aubervilliers, France, ^cJuntendo University School of Medicine, Tokyo, Japan, ^dNihon University School of Dentistry at Matsudo, Chiba, Japan, ^eClinique d'orthodontie, Troyes France, ^fAirway.no, Oslo, Norway

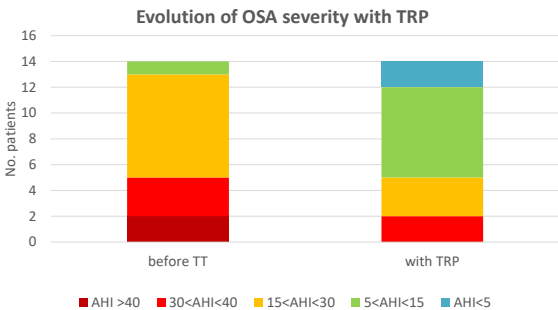
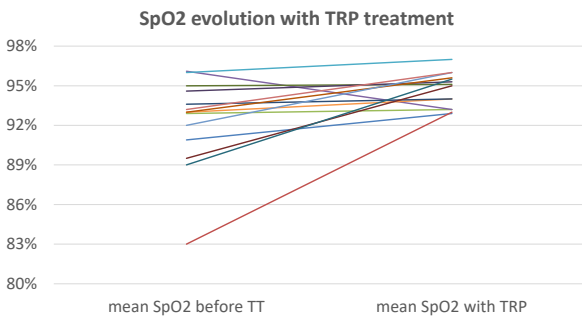
Introduction

Oro-myofunctional retraining has been shown to be effective in the treatment of Obstructive Sleep Apnea Syndrome (OSAS)^{1,2}. The Tongue Right Positioner (TRP) appliance worn during sleep could be seen as a novel treatment for patients with obstructive sleep apnea (OSA). Its neuro-myofunctional and proprioceptive mechanism of action has a direct influence on position, motor skills and mobility of the tongue and adjacent pharyngeal structures, thereby opening the airway and stimulating nasal breathing.

Study subjects

Number and gender	7 ♀ - 7 ♂
Caucasians / Asians	11 / 3
Age (years)	52,8 ± 13.4
BMI (kg/m ²)	24,3 ± 3.2

Results

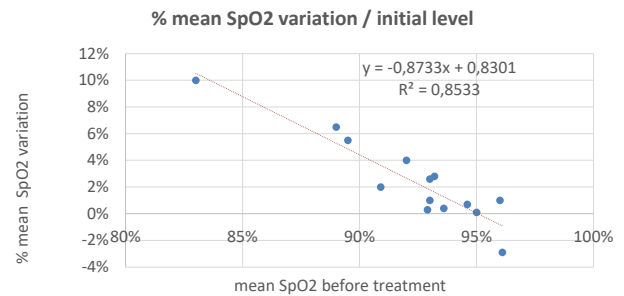


The TRP (Tongue Right Positioner)



- Removable, custom-made oral device
- Permanent stimulation of the tongue³ to establish physiological functions and rest positions
- Promotes increased nasal patency⁴
- Discreet, comfortable, good tolerance, compliance > 95%
- No iatrogenic effects

Initial avg. AHI	29.1 ± 13.4
No. patients with AHI >40/ >30/ >15/ >10/ <10	2 / 3 / 8 / 1 / 0
Mean SpO2	92.3 ± 3.4%
Avg. duration between measurement (months)	9.6 ± 5.4



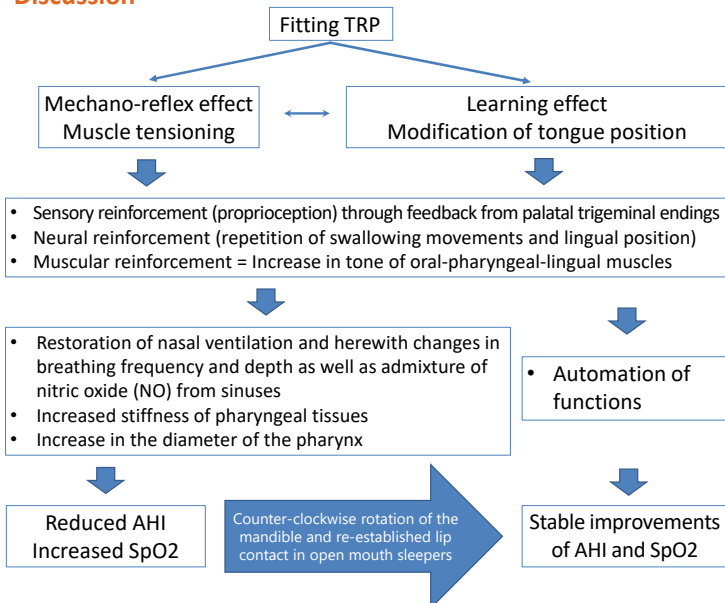
Distribution of patients after treatment with TRP

Avg. final AHI :	15.3 ± 11.1	Avg. final m. SpO2 :	94.7 ± 1.3%
Avg. AHI reduction :	47.5 ± 32%	Avg. variation m. SpO2:	2.4 ± 3.2%
% patients AHI ≤ 15/h :	64%	% patients m. SpO2 ≥ 95%:	57%

Correlations

	r	P-value
AHI variation / AHI final	-0.77	<0.01
Mean SpO2 variation / mean SpO2 initial	-0.92	<0.001
Mean SpO2 variation / AHI variation	-0.42	NS
Mean SpO2 final / AHI final	-0.30	NS

Discussion



Conclusion

Strong anticorrelation between mean SpO2 level before treatment and increase in mean SpO2 (r = -0.92; p-value <0.001), despite heterogeneity of study subjects. This result suggests that the effect of TRP is inversely proportional to patients initial SpO2 level. No correlation between AHI and mean SpO2 variations could be established. This suggests that mean SpO2 increase is related to nasal breathing restoration and related benefits of longer and deeper ventilation cycles as well as vasodilating effect of Nitric Oxide released by the nose⁵, thus optimizing O2/CO2 exchange in lungs alveola. AHI and mean SpO2 improvement could be explained by higher tongue tone and strengthening of pharyngeal tissues. No occlusal or periodontal adverse effect caused by TRP was reported. These data indicate that nightly use of TRP appliance is capable of reducing OSA symptoms as well as improving oxygen saturation.

References

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5. Lundberg J. (2008) Anat Rec. 291:1479-1484

Conflicts of Interest

- Authors a, b and f are clinical advisors or shareholders of Tongue Lab, maker of the TRP and have not received compensation by this company
- Author e is the inventor of the TRP device