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CPAP Continuous Positive Airway Pressure

Snoreology Mouthguard (custom made Mandibular Advancement Splint)*

The gold standard of treatment for Severe Obstructive Sleep Apnoea (OSA)	First Line treatment for Mild to Moderate Obstructive Sleep Apnoea (OSA) and for those with Severe OSA who cannot tolerate CPAP
Noisy: CPAP generator is noisy. Its constantly running motor may disrupt sleep for you or your partner	Quiet: A dental device creates no noise of its own. Now you can give your partner 'the silent treatment'
Unattractiveness: People liken it to sleeping with a "Darth Vader mask" or "pilot mask" connected via a hose to a large medical device on the bedside table	Discrete: Small and unobtrusive slim line design that looks non-threatening and allows you to close your lips over the top. It fits completely within your mouth no-one needs to know you are wearing one
Power: Requires power and bedside table	Does not require electricity or bedside table
Claustrophobic feeling from having a mask on your face	Nothing on your face
The CPAP mask may cause a rash or discomfort on your face	Nothing on your face
Discomfort from the head straps	Nothing on your head
No jaw joint discomfort as nothing worn in the mouth	Initial jaw joint discomfort subsides within weeks
Must sleep on your back: Lying on your side may push the mask off leading to air leakage which blows up into the eyes causing eye dryness.	Tummy or side sleep in comfort and easily change positions at night or snuggle your bed partner.
Mouth functionality depends on style of mask chosen.	Can talk with it, drink water with it, laugh, yawn, move your jaw about with all styles
Hard to Travel: Heavy, bulky and always requires power. CPAP is cumbersome to clean/ pack/ set up and carry.	Ideal for Travel: Compact, lightweight, quick to pack and clean and fits in your pocket.
Ensure you have a suitable power source, correct power cables and adaptors. The voltage may not convert in some countries.	If you will be without power on your travels, a Snoreology is perfect to use when you can't use CPAP .
Cleaning: Must clean out tubing and replace filters and masks over time.	Easy to Clean: Just clean with a toothbrush and leave dry during the day – it doesn't need to soak.
Does not protect teeth from clenching or grinding.	Protects teeth and expensive restorations from excess bite stresses and forces of grinding and clenching
Usually doesn't cause changes to the way you bite,	Side Effects: Minor bite changes can occur in few individuals due to slight shifting of the teeth or jaw position. This is not a contraindication to continued treatment and is generally well tolerated as patients can still chew and the smile and look the same.
Cost: Initially good as you can rent a CPAP short term to trial it. But then costs about \$2000 to purchase. Can also purchase them second hand but need to buy a new mask and replace masks and hoses as they wear out.	Value for money: Given the quality, durability and high chance of success it lasts for four years with little maintenance. The overall cost of a Snoreology is far less than that of CPAP.
	With a money back guarantee , the financial risk to try a Snoreology is small.

* Oral appliances should be custom fitted, and administered only through an accredited and experienced dental sleep medicine dentist like Dr Rebecca Oliver.