



PRESS RELEASE

Using Invisalign with Sleep Apnea

Explained by the Sacramento Dentistry Group

The Sacramento Dentistry Group recently received a number of questions about whether [Invisalign](#) can be used by patients with [sleep apnea](#). In fact, Invisalign is potentially beneficial as part of a [sleep apnea treatment plan](#). Since imperfect arches are sometimes the cause of sleep disorders, adjusting the arches with braces or clear aligners is usually helpful. Where the concern about Invisalign comes in is when a patient already is treating their sleep apnea, not with a breathing machine, but with an oral appliance. How can they wear the appliance on top of their clear aligners?

Solutions for Using Invisalign with Oral Appliance Therapy

[Oral appliance therapy](#) for sleep apnea requires the patient to wear a bedtime device that fits snugly over their teeth. The device keeps the airway clear, so the individual breathes well while sleeping, avoiding apnea episodes. How can an oral appliance fit over Invisalign?

The truth is, it usually can't. If patients are successfully treating their sleep apnea with oral appliances, dentists want them to continue using this treatment technique. To simultaneously receive the benefits of Invisalign, a patient must be fitted for an appliance that is modified to work with clear aligners or braces.

Since orthodontic treatment takes anywhere from six to eighteen months, the new oral appliance is used for a reasonable amount of time. The vast majority of patients find the [benefits](#) that come from the Invisalign procedure to be well worth the investment. Additionally, since their teeth are in a far superior position at the end of treatment, it may no longer be necessary to continue wearing the oral appliance. A full sleep assessment is needed to determine the next step after an orthodontic adjustment is completed. It may be that the patient continues using an oral appliance, now modified for use with their newly improved arches. The Sacramento Dentistry Group provides and assists with all of these procedures. For more information, visit their [website](#), or call their downtown dental practice at 916-538-6900.