



# MAS

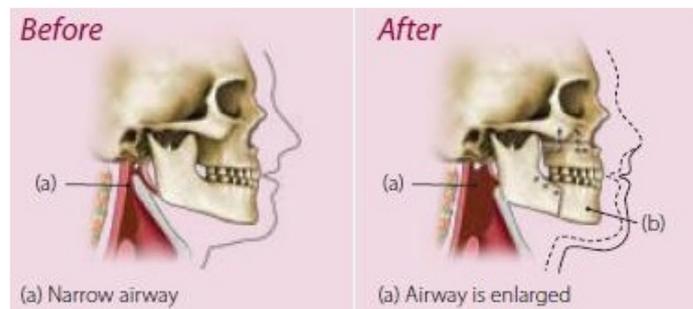
## Fact Sheet

### What is a MAS?

A Mandibular Advancement Splint, commonly referred to as a MAS, is one of the options used to treat mild to moderate Obstructive Sleep Apnoea (OSA) as well as snoring. OSA is a sleep disorder characterised by a collapsing of the upper airways during sleep resulting in abnormal pauses in breathing. A MAS looks similar to a mouth guard and is worn in the mouth during sleep.

### How Does a MAS work?

The device works by moving the lower jaw forward, tightening the soft tissue and muscles of the upper airway. This prevents the airway from collapsing and the tissue in the upper airway from vibrating, reducing OSA and snoring.



### Benefits of MAS

- It is easy to use.
- It is small and easy to transport.
- If used consistently, it can help to reduce symptoms such as daytime tiredness, fatigue and snoring.
- It can be a good alternative for people who cannot tolerate CPAP.

### How Do I Obtain a MAS?

- The first step is to undergo a sleep study to ensure that a MAS is the appropriate treatment for you.
- MASs are made by dentists. If a MAS has been recommended you will need to organise a consultation with a dentist to discuss your options.
- There are a few important things to consider before buying a MAS:
  - Not all MASs are created equal: to completely treat the OSA it is important to have a device that is titratable which means it will be adjusted to meet your specific requirements. If you can purchase it from the internet or a chemist we wouldn't recommend it.
  - Not all dentists are trained to make a MAS. There can be some side effects that are easily reversed if identified early. It is important to select a dentist that has experience in Sleep Medicine and will provide regular follow up through the initial stages of treatment. Sleep Australia can recommend dentists if you would like some guidance.
- Once the Dentist has ensured that the MAS fits correctly you will undergo another sleep study while wearing the MAS to ensure the device has been properly adjusted and is working effectively.

**For more information or to book an appointment please contact us on 6298 8314**

