

INFORMATION FOR PATIENTS

Mandibular advancement device (MAD)

Mandibular advancement devices (MAD) have been clinically proven to:

- Reduce snoring.
- Improve sleepiness in those whose sleep is disturbed by their snoring,
- Improve/treat mild sleep apnoea.

They are gumshields that fit over both the top and bottom teeth and pull the lower jaw forward. This pulls the tongue forward, opening the airway at the back of the throat, making it easier to breathe when you are asleep. They need to be worn all night, every night to work. You need your own teeth, and they need to be in a good state of repair. They are not suitable for people who have arthritis or pain in their temporomandibular joint (TMJ, jaw joint).

There are different types, and they can be obtained from different places:

- 1) **Boil and bite MADs.** These can be bought over the internet or from some high street chemists / pharmacists. Similar to a sports mouth guard, you heat them in a pan of water and home then mould them to your own teeth. They are the cheapest form of MAD. As you have to make them yourself (which can be fiddly), then may fit less well and so may be the least effective.
- 2) **Semi-bespoke MADs.** These can be bought over the internet. The company sends you the kit to make impressions of your teeth. You make the impressions and post these back to the company who then make the MAD for you. These cost more, but clinical trials suggest they fit better and therefore are more effective.
- 3) **Bespoke MADs.** These can be obtained from the dentist. They are custom made and so should fit the best, be most comfortable and work best. However, they are the most expensive. Not all dentists make them, but your dentist should be able to direct you to a dentist that does if yours doesn't.



Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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