



# SEVERE OSA

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Derek Kennard Successfully Treated with a Herbst Appliance



Prepared by Jeff Wyscarver, RPSGT

**DX**

Derek reported with excessive daytime sleepiness, snoring and witnessed pauses in breathing while asleep. His Epworth score was 13 and he is a class 4 on the Mallanpati scale. A full PSG was ordered which placed this patient in the severe OSA range with an AHI of 72/hr.

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**RX**

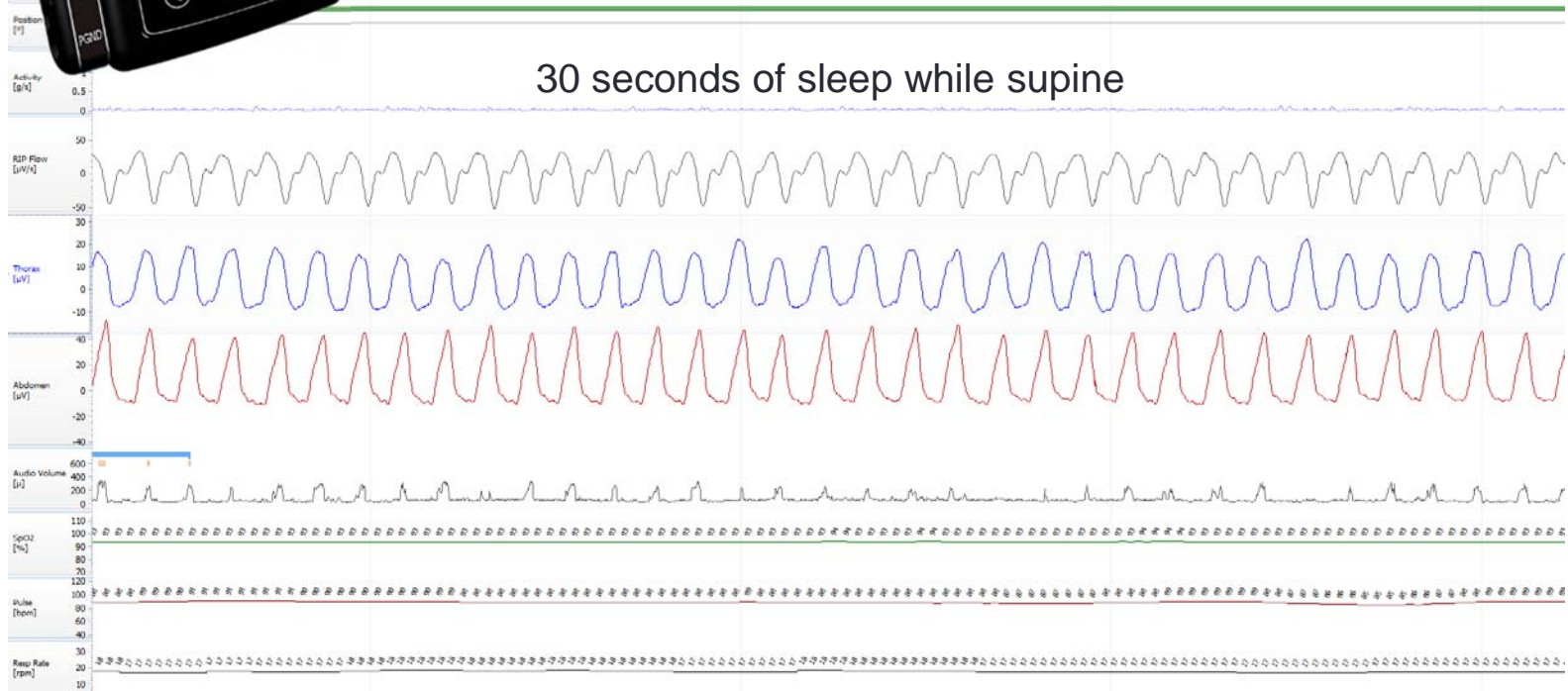
A follow-up discussion revealed the patient was not willing to try CPAP as the initial therapy option. As a result Derek was fitted with a Herbst and advanced 3mm





Once the patient was titrated to suspected MMI a follow-up home sleep study was performed using the NOX-T3 sleep monitor to establish treatment efficacy. The patient's severe OSA was brought to "Within Normal Limits" rendering an AHI of 2/hr overall and a low desat of 91%. The patient would benefit from sleeping on his side as some snoring persisted while supine.

30 seconds of sleep while supine



Below is 30 minutes of data with the patient sleeping on his back. The only notable finding is the snoring that persists which can be managed by coaching the patient on the importance of sleeping on his side. It is likely his wife will assist with this important treatment recommendation.

