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Optimizing Sleep Apnea Treatment: A Focus on Prosthetic Approaches

¹Dr. Ankita & ²Dr. Vikas Kumar

¹MDS (Prosthodontics & Implantology), Senior Lecturer, Department of Prosthodontics, Crown and Bridge, Adesh Institute of Dental Sciences and Research

²MD, DM, Assistant Professor, Department of Pharmacology, All India Institute of Medical Sciences, Bathinda, Punjab-151001

Email Id: serviceheb@gmail.com

Abstract

Sleep apnea, a prevalent sleep disorder characterized by recurrent episodes of partial or complete upper airway obstruction during sleep, this significantly impact on health, including cardiovascular and metabolic disorders. The management of sleep apnea involves both non-invasive and invasive therapies, prosthetic devices play key role in non-invasive treatment strategies. This review article focuses on pathophysiology and risk factors for sleep apnea, guidelines for the treatment of same, various prosthetic interventions used in the management of sleep apnea, focusing on the effectiveness, patient adherence, and advancements in device design., highlighting recent innovations and trends in prosthetic technologies for sleep apnea treatment. The article aims to provide a comprehensive overview of the current evidence on the role of prosthetic management in enhancing quality of life for patients with sleep apnea.

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