



Dr. Kellye Rice has completed advanced training in Dental Sleep Medicine and is a Diplomat of the ABDSM and the ASBA, as well as a Fellow of the AGD. She is committed to providing the safest dental and OSA care to her patients so that they may enjoy the best oral and overall health.

To learn more about CPAP alternatives, Oral Appliance Therapy and NightLase, call Middle Tennessee Dental Sleep Specialists at 615.373.4488 or visit www.brentwoodsleapapnea.com. www.kellyerice.com
Middle Tennessee Dental Sleep Specialists is located at 1800 Mallory Lane Ste. A, Brentwood TN 37027.

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Dentistry that can change your life

MIDDLE TENNESSEE DENTAL SLEEP SPECIALISTS

DO YOU HATE YOUR CPAP? YOU ARE NOT ALONE. THERE ARE ALTERNATIVE OPTIONS!

If you have been diagnosed and are being treated for Obstructive Sleep Apnea, a condition affecting close to 30 million people in the United States today, you know that treatment options can be invasive, uncomfortable and cumbersome.

Obstructive Sleep Apnea, OSA, is frequently caused by the airway collapsing, creating a restricted passage and even stopping breathing completely. The causes of these blockages typically are the tongue and soft tissues falling into the throat or excess weight around the neck diminishing the airway.

The condition is characterized by gasping and choking during sleep and, most commonly, loud chronic snoring. Long-term, untreated sufferers are susceptible to co-morbidities like hypertension, heart disease and impotence from the oxygen deprivation and vascular damage associated with the condition.

The “gold standard” for treatment is Continuous Positive Airway Pressure, CPAP. CPAP is a machine that blows air into the throat, increasing the pressure internally so that the airway cannot become blocked.

A CPAP user wears a respiration mask similar to an oxygen mask used in a hospital, which is attached to the machine with a hose. The prescribing physician sets the air pressure level based on the person’s OSA severity. The increased pressure prevents the soft issues from falling into the airway, allowing the OSA sufferer to breathe normally without cessation throughout the night. Patients who go on CPAP therapy for their OSA typically report increased energy during the day, better concentration and decreases in many other health conditions that are associated with OSA.

While CPAP therapy is the best means of treatment, especially for people diagnosed with severe OSA, many patients have difficulty using the machine. In those sever cases, the pressure setting can be extraordinarily high, blasting cold air into the person’s throat, making treatment difficult to tolerate. Compliance with CPAP therapy is around sixty percent. The most popular complaints about CPAP are mask discomfort, claustrophobia and throat irritation from the air pressure. Many patients stop using CPAP therapy all together despite knowing how dangerous untreated OSA is.

There are alternative treatments available for those who fail CPAP! The two most talked about options are surgery and Oral Appliances.

Surgery can be painful, invasive and ineffective. These procedures are very painful, recovery takes a long time and rarely does it completely solve the issue.

Oral Appliances, or Mandibular Advancement Splints, for the treatment of OSA, while having been around for the past 30 plus years, are an increasingly popular treatment option for those who have stopping using CPAP or as a first line of defense for mild or moderate OSA. Oral Appliances work by gently holding the mandible, or lower jaw, forward, pulling the tissues that block the airway away from the throat and tightening the muscles in the neck, further preventing collapse.

These appliances look like orthodontic retainers or athletic mouth guards, fit easily into the mouth. They are custom fabricated for each patient based on OSA severity and individual patient needs. Oral Appliances are fast and easy to fit, just a few digital scans, and are FDA approved, covered by PPO insurance and Medicare and are very comfortable to wear when made and fitted by a dentist who has been educated in the field of Dental Sleep Medicine.

Dr Rice is also among only 250 dentists in the US trained in the twin laser procedure, NightLase, a comfortable, non-surgical procedure that tightens the loose tissues in the soft palate and base of the tongue.

If you are prescribed a CPAP and cannot tolerate it, talk to your primary care physician about a referral to a qualified dental professional to discuss alternatives. Comfortable, effective treatment for Obstructive Sleep Apnea is possible!



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