



Titration of the Silent Night Appliance

The Silent Night adjustment mechanism consists of using various connectors of different sizes. The connectors range from sizes 26-21mm, with 26mm being the longest band providing the least mandibular protrusion to 21mm being the shortest connector providing maximum mandibular protrusion. The connectors are to be changed every 4-6 months to maintain consistency.

The patient should arrive at the sleep lab with their silent night appliance AND SEVERAL connectors. If the patient does not bring extra connectors, there will be no way to adjust the mandibular protrusion.

Steps to titration of the Silent Night appliance:

- 1. Familiarize yourself with the patient's appliance. Note which connector is in place (for example 26mm).**
- 2. Confirm that additional connectors have been brought by the patient.**
- 3. The connectors will usually be changed from longer to shorter. When titration of the appliance is needed, wake the patient to have them remove it from their mouth, but avoid turning on the lights. Step out of the room to put on the new connectors and then go back in the room and have the patient replace the appliance in their mouth.**
- 4. Titrate the appliance forward until respiratory disturbances are normalized or until the patient is no longer able to tolerate further protrusion.**
- 5. If greater protrusion seems to be having a negative effect, move to a longer connector.**
- 6. Note changes of connectors and the final connector in the PSG titration record.**
- 7. In the morning, if the patient feels that the final position is too far forward, replace the connector that they were using when they arrived and let them know that our office will follow up with them.**

If there are questions, please call Dr Brian Briesemeister at 757-287-0757