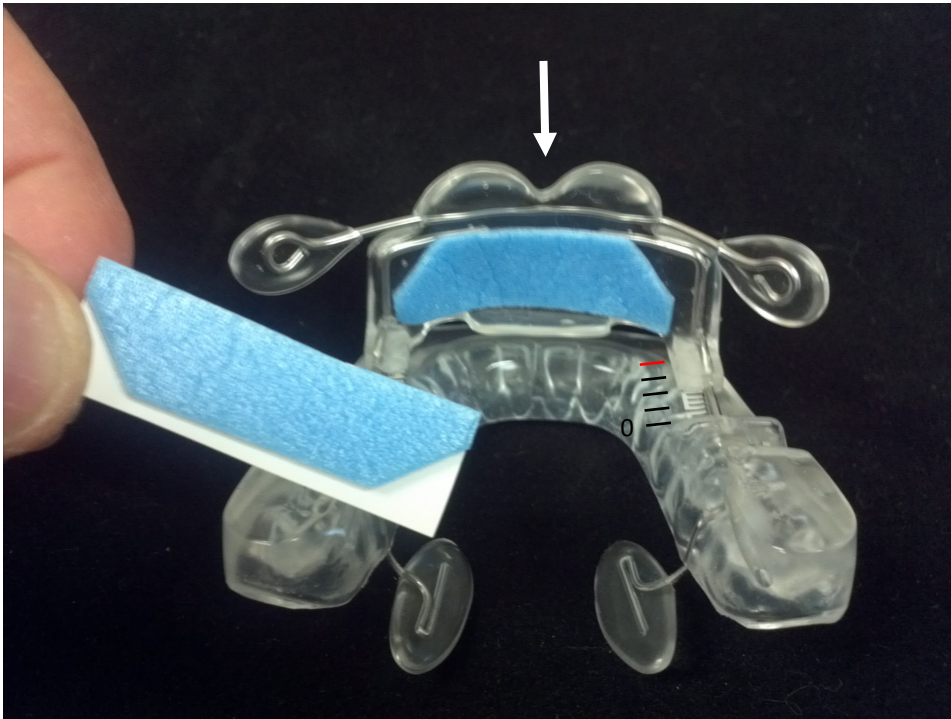


# Titration Procedures for the Sleep Technologist to Titrate an OASYS Patient during an Overnight PSG



## Procedure:

The Sleep Technician should wait 90 Minutes into sleep before adding Titration Strips to the patient's Oasys. If there is snoring or events of apnea or hypoxia, the patient is awakened and instructed to remove his or her Oasys and place the adhesive strip on the inside of the Oasys shield.

(The Patient will be instructed that he or she will be awakened during the study for titration of his/her device and shown how to place the adhesive strip onto the shield to try to determine a more effective position for his/her device during the sleep study.)

The Sleep Technician will assist the patient with the placement of the strips.

The patient will be allowed to return to sleep for another 90 minutes. If there are indications for adding another strip (AHI greater than 5 and/or loud snoring), the patient will again be awakened and another strip added on top of the first one.

There will be a maximum of three strips added per study.

The Sleep Technician will record the findings of the Titration Study and provide the information to the Dentist.

The Technician is asked to remove the Adhesive Strips prior to sending the patient home with his/her OASYS.

Dentist \_\_\_\_\_

Patient \_\_\_\_\_

Date \_\_\_\_\_

AHI / Initial PSG \_\_\_\_\_

Appliance Starting Line \_\_\_ mm

- -10
- -9
- -8
- -7
- -6
- -5
- -4
- -3
- -2
- -1
- 0

AHI—90 Minutes \_\_\_\_\_

Add Strip 1 AHI \_\_\_\_\_

Add Strip 2 AHI \_\_\_\_\_

Add Strip 3 AHI \_\_\_\_\_

AHI—Titration/Best + \_\_\_ mm

**Reset to Starting Position**

\_\_\_ Yes, Removed Strips

Remove the Strips and Inform the Dentist of Findings.

**Notes:**