

# Sleep Study In-Lab Technician Titration of Telescopic Sleep Herbst



The Telescopic Sleep Herbst is an FDA 510K Cleared Adjustable Sleep Device, providing Mandibular Advancement to 5mm, using the Scheu Telescopic Herbst Screw Attachments. **Dream Systems** is cleared under the **PDAC Medicare Pricing Data Analysis & Coding** to fabricate the **E0486 Telescopic Sleep Herbst**.

Dentist \_\_\_\_\_

Patient \_\_\_\_\_

Date \_\_\_\_\_

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

Appliance Starting Position + \_\_\_\_mm

AHI—90 Minutes \_\_\_\_\_

Appliance Adjust + \_\_\_\_mm

AHI— +90 Minutes \_\_\_\_\_

Appliance Adjust + \_\_\_\_mm

AHI— +90 Minutes \_\_\_\_\_

The Telescopic hinges extend, but do not come apart. Maximum tongue space is provided. Ball clasps, ball hooks & elastics, directional arrows, and a screw advancement tool and Hex Wrench are included. Ceka Bond is added to the screw pivots to prevent screw loosening.

**To modify the mandibular position**, the side hinges have advancement holes and a wire key is used to turn them in **1/16 mm** increments (Max. 5+mm),

**Right side... Up** and **Left side... Down**, (Arrows and Key Included) until the next hole appears. Turning the screw opposite the arrow will decrease the extension of the lower jaw 1/16 mm per turn. **A MM Ruler or Boley Gauge can be used to keep track of the advancement.**

## Sleep Lab Titration

The Telescopic Sleep Herbst is not easily adjusted in the mouth, so you and the patient will need to work together to remove and insert the appliance during an overnight sleep study.

The patient's cooperation is important. **If the Herbst is removed for titration**, the patient will need to help remove the Herbst and give to the technician to adjust. A large rubber band should be attached to the key so as not to drop it during the adjustment. The Technician will insert the wire key into the adjustment screw key on the hinge...

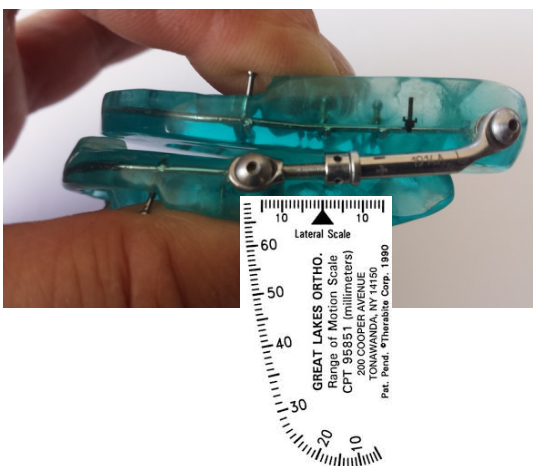
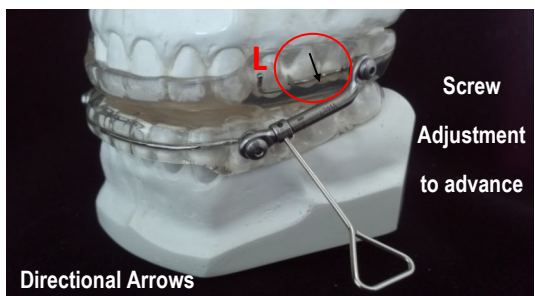
**Right side up 16 turns for 1mm advancement: Left side down 16 turns for 1mm advancement.** The patient then can reinsert his/her Herbst and return to sleep.

A second Titration can be done if needed, following the same guidelines. A third also, if directed by the dentist.

**For an in the mouth adjustment**, this should be practiced prior to the patient going to sleep. Good lighting will be needed to see the adjustment screw holes on the hinges. A large rubber band should be attached to the key so as not to drop it during the adjustment. The Technician will use the side arrows on the upper splint to determine the direction to turn the screws with the wire key, **Right side up 16 turns for 1mm advancement: Left side down 16 turns for 1mm advancement.** The key turns are very quick and short.

A second Titration can be done if needed, following the same guidelines. A third also, if directed by the dentist.

## Physician / Sleep Tech Notes:



- \_\_\_ The appliance was not advanced during the study,
- \_\_\_ The appliance was adjusted \_\_\_ mm / \_\_\_ Turns, but has not been adjusted back to your starting position.