



## Appendix F: OSA Management Options

See page 7 for details concerning OSA Severity.

OSA Severity	Treatment Options <sup>34</sup>				
	Weight loss	Positional Therapy	Tongue Retaining Device TRD	Mandibular Advancement Device (MAD)	CPAP
Primary Snoring	Yes	Yes – only if testing showed snoring was primarily in supine position	Yes	Yes	No
Mild OSA	Yes, with additional treatment if patient remains sleepy, has comorbid conditions or a safety critical occupation	Yes, only if testing showed OSA was primarily in supine position, with additional treatment if patient remains sleepy, has comorbid conditions or a safety critical occupation	Yes – if patient is in the low end of Mild OSA	Roughly 70% chance of being effective.	Yes
Moderate OSA	Requires additional treatment	Yes, only if testing showed OSA was primarily in supine position, with additional treatment if patient remains sleepy, has comorbid conditions or a safety critical occupation.  Would need to use an electronic monitoring device to determine if patient is sleeping supine.	No	Roughly 50% chance of being fully effective, less if patient is obese (BMI>35).  Confirm effectiveness with follow up testing	Yes
Severe OSA	Requires additional treatment	Yes, only if testing showed OSA was primarily in supine position, with additional treatment if patient remains sleepy, has comorbid conditions or a safety critical occupation.  Would need to use an electronic monitoring device to determine if patient is sleeping supine.	No	Roughly 40% chance of being fully effective, less if patient is obese (BMI>35).  Confirm effectiveness with follow up testing	Yes