

Welcome to Airway Metrics

Snoring and Obstructive Sleep Apnea (OSA) are becoming present-day 'buzz-words'. Historically SNORING has been a "social" problem with the bed partner the victim and the snorer the object of many jokes. Today snoring is known to be a possible sign of a serious Medical problem, OBSTRUCTIVE SLEEP APNEA (OSA). Snoring occurs when the soft tissues in your throat and upper airway constrict and vibrate. The sound created is termed snoring. When the soft tissues completely close or obstruct the airway and prevent air from reaching your lungs, it is called Obstructive Sleep Apnea (OSA). OSA may compromise your competitive edge, interpersonal relationships, safety, health and QUALITY OF LIFE. Airway Metrics is here to help!

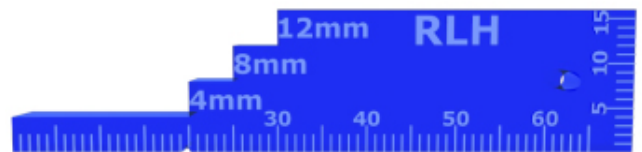


What is Airway Metrics?

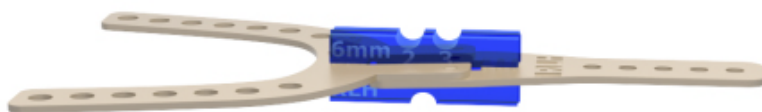
AWM is a three component system. The primary component consists of a Snore Screener (**SS**) and 15 Mandibular Positioning Simulators (**MPS**) housed in a Cassette. The secondary component includes 9 Vertical Titration Keys (**VTKs**) that will work with any device that opens in the anterior such as a Herbst, SUAD, or Somnomed. They quickly reveal how much certain anterior/vertical mandibular positions increase the airway and provide a guide for further tuning with the **MPS**.

How does it work?

The **SS** locates a general airway for closer scrutiny with the **MPS** to identify a target treatment position and a comfortable starting position for the bite registration. It uses a patient's subjective feedback or quickly interfaces with a Pharyngometry mouthpiece. Arbitrarily assign #5 to the patient's best snore sound. The patient then snores in selected anterior positions at 4, 8, and 12 mm vertical to locate the lowest/absent sound. Rate at #5, 4, 3, 2, 1, 0 (no snoring).



The best (most quiet) position identified with the **SS** becomes the area for subsequent **MPS** tuning for the optimum airway and comfortable treatment position with a device. The 15 **MPS** allow positioning in over 50 positions in the anterior plane from habitual occlusion to 7mm anterior of edge-to-edge combined with a vertical plane of 4-12mm in 2mm increments..



A **BITE FORK & HANDLE** quickly fit into the opposite end-slots of the selected **MPS** to obtain a bite registration at the desired Anterior/Vertical starting position.



The 9 Vertical Titration Keys (**VTKs**) are the secondary component and also housed in a cassette. When the initial anterior/vertical position has been reached the **VTKs** enable vertical shimming in 1mm increments from 3-11 mm to explore the vertical impact on airway increase at the end of the titration period.

- Personally experiencing a greatly reduced or eliminated snoring is the most profound and instant awareness that an oral device can increase their airway!
- Patient **MPS** placement is patient participation that increases their understanding and confidence while requiring same or less time than staff placement.
- More details on the printed cassette inserts and other segments of this website.