

Streamlining Oral Appliance Therapy for OSA in Dental Sleep Practices

Next-day oximetry data helps teams accelerate titration, follow-up, and care coordination

Dental sleep professionals play a critical role in treating patients with obstructive sleep apnea (OSA), particularly those who are unable to tolerate positive airway pressure therapy. For these patients, oral appliance therapy can provide an effective alternative.¹ But optimizing an oral appliance depends on timely access to accurate overnight oximetry data. Providers need this information to establish baseline effectiveness, guide incremental adjustments, and monitor long-term outcomes.

Traditional workflows often slow this process. In-person device returns, manual uploads, and delayed data visibility extend titration timelines and complicate follow-up care. These steps also increase administrative workload for practices already balancing limited staff and growing patient needs.

The Nonin Health® platform helps close those gaps. With next-day access to accurate SpO₂ and pulse-rate data,² dental sleep teams gain the visibility they need to make confident, data-driven decisions throughout therapy. Secure, cloud-based transmission from the patient's home streamlines follow-up studies, accelerates titration, and reduces the manual tasks that often hinder efficiency.

The challenge: Delayed data and fragmented workflows

Overnight oximetry is a valuable tool for evaluating the effectiveness of oral appliance therapy, but many dental sleep practices still rely on manual, sequential steps that introduce friction:

- Devices must be returned in person or by mail
- Staff manually retrieve data via cable or USB
- Reports are transferred, printed, or uploaded into separate systems
- Incomplete studies trigger full retests
- Dentists wait days (or longer) for actionable results
- Updates to referring sleep physicians are delayed

These bottlenecks complicate clinical decision-making. During titration, delayed visibility slows incremental adjustments; during long-term monitoring, it limits a provider's ability to identify therapy drift or emerging concerns. For practices with limited staff, manual processing also consumes valuable time that could be redirected to patient care.

Connected data for faster titration and follow-up

The Nonin Health platform, paired with the WristOx₂[®] Model 3150BLE pulse oximeter, digitizes and accelerates the oral appliance titration workflow. Patients complete their overnight test at home and submit results through the Nonin Health mobile app. Data transmits securely to the cloud, where providers can review results as early as the next day.

Next-day visibility supports:

- **Faster titration decisions**

Providers can promptly assess desaturation trends and evaluate responses to each incremental adjustment, helping determine whether the appliance is moving the patient toward therapeutic goals.

- **More efficient follow-up assessments**

Connected uploads eliminate manual data transfer, giving clinicians rapid insight into therapy effectiveness and adherence.

- **Earlier identification of invalid studies**

When artifacts, insufficient recording time, or incorrect sensor placement are visible the next day, practitioners can initiate a retest immediately—minimizing delays and reducing patient frustration.

Easing administrative burden for dental sleep practices

Dental sleep providers face challenges similar to those seen in DME and HME settings: limited reimbursement for follow-up studies, constrained staffing, and administrative tasks that quickly accumulate. By removing the need for in-office returns and manual uploads, the Nonin Health platform reduces time spent on:

- Device intake and tracking
- USB downloads and file management
- Retests triggered by delayed visibility
- Repeated patient outreach and scheduling

Early Nonin Health user feedback from other clinical settings shows an average of 30 minutes saved per test and 30-60 minutes saved per retest when incomplete studies are identified sooner.³ For dental practices where each team member manages multiple responsibilities, these efficiencies help increase capacity without adding staff.

Strengthening collaboration with sleep physicians

Most oral appliance therapy patients are co-managed with a sleep physician, making timely communication essential. With the Nonin Health platform, data can be shared more easily, titration progress is documented promptly, and referring providers gain clearer visibility into therapy effectiveness. The result is care that feels more coordinated across the patient journey—and workflows that reinforce trust with referral partners.

Built for clinical accuracy in home environments

Accurate data is foundational to evaluating oral appliance therapy. The WristOx₂ provides accurate SpO₂ and pulse-rate measurements² across a wide range of home-testing conditions. Nonin Medical's PureSAT® signal processing used in the WristOx₂ Model 3150BLE helps maintain accuracy in low perfusion,⁴ motion,⁵ and sleep environments.⁶

Combined with secure, cloud-based transmission through the Nonin Health platform, providers gain consistent access to high-quality data to guide both titration and ongoing monitoring.

Faster insights. Better titration. More connected care.

For dental sleep professionals, the Nonin Health platform represents a significant advancement in connected oral appliance therapy monitoring. By pairing clinical accuracy with an efficient, automated workflow, it helps practices accelerate decision-making, reduce administrative burden, and create a smoother, more coordinated experience for patients beginning or continuing therapy.

**When every adjustment matters, Nonin delivers the speed, clarity,
and confidence needed to guide successful treatment.**

Request a demo today at nonin.com/nonin-health

SOURCES:

¹ Ramar, K., et al. (2015). Clinical Practice Guideline for the Treatment of Obstructive Sleep Apnea and Snoring with Oral Appliance Therapy: An Update for 2015. *Journal of Clinical Sleep Medicine*, 11(7), 773–827. <https://doi.org/10.5664/jcsm.4858>

² Nonin Medical, Inc. Data on File.

³ Nonin Medical Inc, Data on File. These data are representative savings derived in part from third party sources and early user experiences, and are provided for general informational purposes only. Individual organizations' experiences and costs may differ from the provided examples. Nonin Medical does not guarantee any particular results or outcomes.

^{4,5,6} Nonin Medical, Inc. Data on File.

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