Pregnant?

You may be able to Improve your Sleep and Quality of Life

Consider participating in a research study using oral appliance therapy to treat snoring, improve sleep and breathing.

Texas A&M University College of Dentistry researchers are conducting a pilot study on the effectiveness of an oral appliance to improve sleep quality, breathing & snoring.

Snoring can be a serious problem that can affect your health and that of your developing child. It is associated with poor quality sleep, high blood pressure, heart disease, preeclampsia and preterm delivery.

Eligibility: If you are pregnant, at least 18 years old, and snore, and have adequate dental health to wear an oral appliance, you may qualify.

Requirements: The study is 5-weeks long and requires regular visits to the Texas A&M University College of Dentistry, 3302 Gaston Avenue, Dallas, TX. The study involves doing home sleep tests for at least 6 nights, & wearing an oral appliance at night for 4 weeks.

Benefits, Risks & Compensation: Potential benefits include reduction of snoring; improved breathing and sleep quality. Potential risks & discomforts are minimal. Compensation of $150 will be provided and you will be able to keep the custom-fitted oral appliance at the completion of the study. There is no cost to you to participate.

For more information, contact:
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Study Title: Oral Appliance Therapy for Improving Sleep Quality during Pregnancy: A Controlled Clinical Trial
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