

## Contact Us

To receive an appointment at one of our sleep labs, simply have your doctor send us a referral form. For yourself and your doctor's convenience, referral forms can be downloaded off our website.

### CALL:

PARIS | 519-442-6389

OWEN SOUND | 519-371-5736

### EMAIL:

INFO@ACCQSLEEPLABS.COM

### WEBSITE:

WWW.ACCQSLEEPLABS.COM

## Our Physicians

All of our sleep labs have Sleep Medicine Specialists on site. Our sleep medicine specialists come from various backgrounds and specialties, including neurology, respirology and psychiatry.



## Sleep Lab Locations

### PARIS SLEEP LAB

139 Grand River Street North  
3rd Floor  
Paris, ON  
t. 519-442-6389  
f. 519-442-7983

### OWEN SOUND SLEEP LAB

945 3rd Avenue East  
Suite 11  
Owen Sound, ON  
t. 519-371-5217  
f. 519-371-5736



Visit us online to download a referral form & to receive more information on sleep  
[www.accqsleeplabs.com](http://www.accqsleeplabs.com)

# Oral Appliance Therapy



**Looking for an alternative to CPAP Therapy in order to treat Obstructive Sleep Apnea?**

Learn more about Oral Appliance Therapy and MATRx. Ask your Doctor if this treatment is right for you.



# Sleep Matters.

## What is Oral Appliance Therapy?

Oral Appliance Therapy (OAT) is a mouth piece, similar to the looks of a mouth guard, which is used to treat sleep disordered breathing. The appliance brings the lower jaw and tongue forward during sleep; this action opens up the airways, allowing air to flow through and thus reducing and/or eliminating the obstruction blocking the airways. Oral Appliance Therapy is also an option for those who have Upper Airway Resistance Syndrome (UARS).

## What is MATRx?

MATRx is a device used in order to determine 1) whether or not Oral Appliance Therapy will be successful for a patient and 2) the optimal protrusion level for Oral Appliance Therapy. Put simply, each Oral Appliance needs to be customized to each patient in order to reduce or eliminate the presence of Obstructive Sleep Apnea. With the MATRx system, the sleep lab is able to change the protrusion (the distance that the lower jaw is brought forward) while a patient is asleep in order to determine the level at which apneas are decreased or eliminated. The patient is fitted with their temporary tray before going to sleep and a small, lightweight device that is controlled remotely, changes the protrusion level while the patient is asleep. The range that the sleep technologists can move the Oral Appliance between is pre-determined by a dentist.

## Why MATRx?

- Offers an effective alternative to CPAP
- MATRx offers sleep apnea patients a new treatment option for those who do not respond to CPAP, reject CPAP or fail treatment attempts with CPAP.
- Provides 100% confidence in Oral Appliance Therapy
- Studies have shown that the traditional oral appliance therapy (OAT) is only effective in approximately 50% of all sleep apnea patients. With MATRx, you will know with 100% confidence, if you are a good candidate for Oral Appliance therapy.
- Ensure long term treatment success
- Comfortable treatment option



**For more information, including explainer videos, please visit: [www.zephyrsleep.com](http://www.zephyrsleep.com)**

## Who are we?

For over 15 years, our team at Accq Sleep Labs has been helping thousands of people, including children, understand the importance of sleep while providing guidance and treatment for those with sleep disorders.

Visit **[www.accqsleeplabs.com](http://www.accqsleeplabs.com)** today or give us a call if you require more information about making a sleep study appointment.

## Frequently Asked Questions

### WHICH LAB OFFERS MATRX STUDIES?

Currently, our Paris location offers MATRx studies.

### WHAT DO I HAVE TO DO TO RECEIVE A STUDY?

Ask your doctor to send a referral to one of our sleep lab locations; KW, Paris or Owen Sound.

### HOW MUCH DOES A SLEEP STUDY COST?

All of our services are covered by OHIP.

### HOW MUCH DOES OAT COST?

The cost of Oral Appliances is determined by the dental office.