**SLEEP AND BREATHNG AIRWAY DISORDER TREATMENTS**

**MAJOR**

* **1. Do nothing and Ignore the problem**
* **2. RECORDS – Full Diagnostics**
* **3. CPAP Machine**
* **4. MAS Dental Device**
* **5. Nightlase Therapy**
* **6.Upper Airway Surgery**
* **7. Inspire Therapy**- A Genioglossus Muscle Implant
* **8. VIVOS USA (New) Technology**

**MINOR**

* **9. Positional Therapy** e.g. Nightshift & Tennis Ball
* **10. Nose Appliance** e.g. Mute, Prevent, Theravent, “Strategy Sheet”
* **11. Sleep Hygiene** e.g. Alcohol, Pillow, Room & Lights, “Strategy Sheet”
* **12. Weight Loss**- Sleep Dietician Specialist
* **13. Ear Nose Throat** **Physician**
* **14. Lung & Sleep Physician**
* **15. Psychiatric Sleep Physician**
* **16**. **Pediatric Sleep Physician**
* **17. Orofacial Myofunctional Therapist**
* **18. Chiropractor/Osteopath/Physiotherapist/ Acupuncture**
* **19. Allergy Specialist/ Nutritionist**