

Obstructive Sleep Apnea: Role Of Orthodontist In It

Author

Date of Submission: 13-01-2026

Date of Acceptance: 23-01-2026

In recent years, the intersection of orthodontics and sleep medicine has emerged as a crucial area of healthcare innovation, particularly in addressing obstructive sleep apnea (OSA). This condition, characterized by repetitive pauses in breathing during sleep due to upper airway obstruction, affects millions worldwide, posing significant health risks if left untreated. Orthodontists, traditionally known for their expertise in correcting dental misalignments and jaw irregularities, are increasingly recognized for their pivotal role in managing OSA through specialized orthodontic interventions.

This article explores the evolving landscape of orthodontic treatment in the context of sleep apnea, highlighting the integral contributions of orthodontists in diagnosing, managing, and sometimes even preventing this sleep-related disorder. By examining the underlying anatomical factors contributing to OSA and the innovative orthodontic techniques designed to address them, this discussion aims to underscore the transformative impact orthodontics can have on improving patients' quality of sleep and overall well-being.

Through collaborative efforts with sleep physicians and other healthcare professionals, orthodontists are pioneering advancements in oral appliance therapy, mandibular repositioning devices, and interdisciplinary treatment approaches tailored to individual patient needs. This article aims to shed light on the proactive role orthodontists play in the multidisciplinary management of sleep apnea, emphasizing their expertise in not only enhancing dental aesthetics but also promoting respiratory health and mitigating the debilitating effects of untreated OSA.