

# Bite Registration for Snoring & Apnea Appliances.





Bite  
Registration  
for Snoring &  
Apnea  
Appliances.



**Most appliances used for treating sleep disturbed breathing (snoring and apnea) are titratable.**

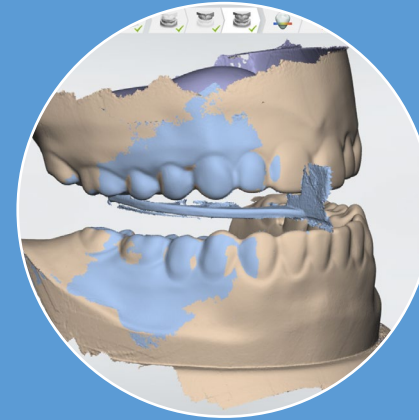
**The objective of a bite registration is not to determine an ideal treatment position, but rather to record a jaw relationship that can be titrated to the desired outcome.**



Control  
Vertical  
Dimension



Control  
Anterior-  
Posterior  
Relationship



Record the  
Bite





## Control Vertical Dimension



There must be enough vertical dimension opening to allow for the thickness of the appliance.

An anterior-contact appliance, such as the Morpheus requires enough vertical clearance to avoid contact in the posterior.



George  
Gauge  
Fork



Bite  
Stick



Leaf  
Gauge



Vertical dimension in a bite registration is controlled by placing a spacer between the incisors.

The precise measure at the incisors is not important (and variable based on the patient's overbite). Adjust to achieve clearance in the posterior.



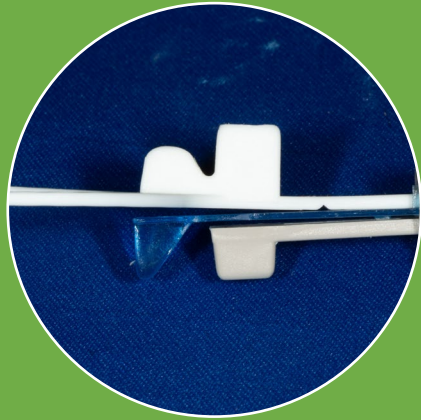
## Control Anterior- Posterior Relationship



Your anterior-posterior (AP) is your starting position for your appliance.

Your treatment position must be comfortable and, at the same time, open the airway.

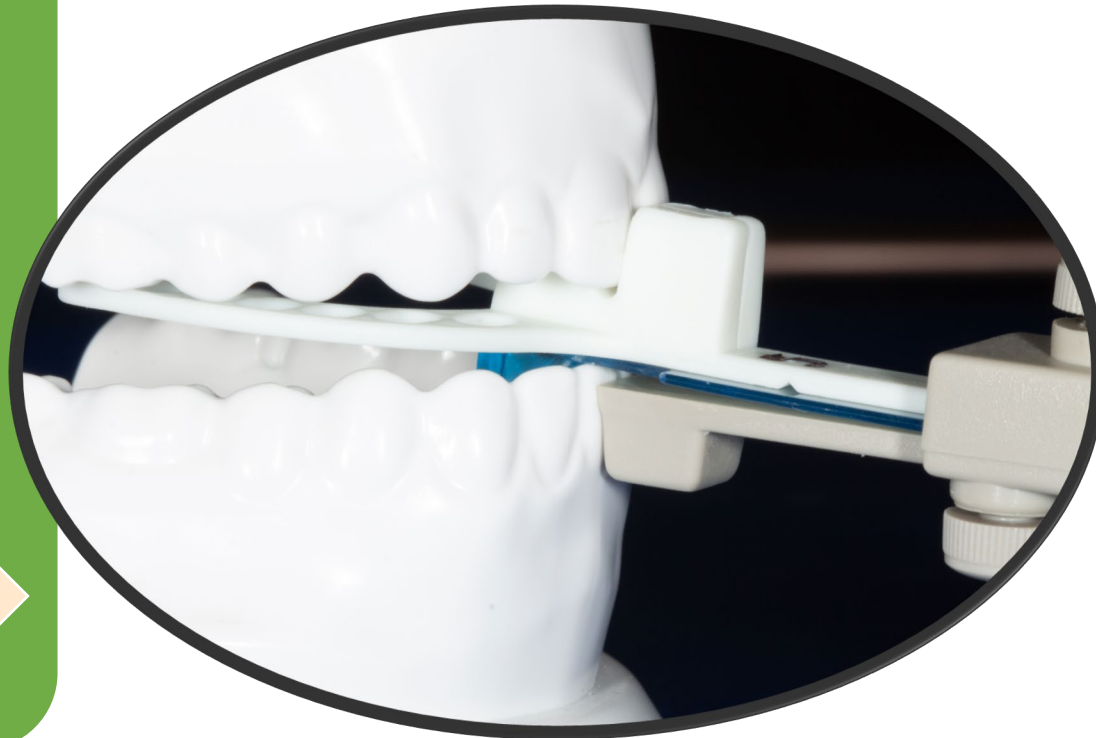
Choose a starting position that lets you start titration at a comfortable point and allows freedom to titrate forward if needed (potentially up to maximum protrusion).

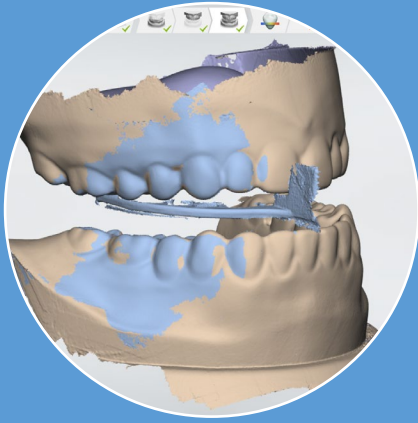


Control Anterior-  
Posterior  
Relationship



A George Gauge (or similar device) allows you to set an AP position and guide the patient there by resting their incisors into the grooves.





## Record the Bite



**The bite registration may be recorded traditionally using wax or bite-registration material.**

**Bite registration may also be recorded with an Intraoral Scanner by scanning the patient's bite with the gauge in place.**