

Non-invasive reinforcement of the upper airway dilator muscles as an alternative approach to treat patients with obstructive sleep apnea.

Continuous positive airway pressure (CPAP) is an effective therapy and the first-line treatment option offered to patients with OSA. However, between 20-60% of patients with severe OSAS do not comply with CPAP and remain untreated. Alternative treatment options have therefore been investigated such as positional therapy, mandibular advancement devices and sometimes surgical treatments, but demonstrated little benefit in moderate-to-severe OSAS. In this context, reinforcement of the upper airway dilator muscles appear to be a promising therapeutic strategy. The main objective of this study is to assess the effectiveness of a simple and quick myofunctional reeducation protocol of the tongue in reducing the OSAS severity.

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