

True Combination Therapy for Sleep Apnoea

We are among the first clinics to offer fully integrated CPAP and Mandibular Advancement Splint combination therapy — bringing together CPAP experts, Canberra's only Oral Medicine Specialist, and allied health professionals under one roof.

CPAP

Gold standard therapy

MAS

Dental appliance therapy

+

True combination approach

OSA

Obstructive sleep apnoea

WHAT IS IT?

Combination Therapy Explained

Combination therapy for OSA brings together multiple treatment modalities tailored to you — rather than a one-size-fits-all approach. Our clinic is among the first in Australia to offer this structured multi-modal model.

One of the first clinics offering this service. Our team of CPAP experts, Canberra's only Oral Medicine Specialist, myofunctional therapists, and sleep hygiene educators work collaboratively to design a truly personalised OSA management plan — combining CPAP, MAS, myofunctional therapy, and sleep hygiene in ways that maximise your outcomes.

APPROACH 1

Simultaneous CPAP + MAS

Using CPAP and a Mandibular Advancement Splint at the same time allows lower CPAP pressures, improving comfort and adherence — proven for complex or treatment-resistant OSA.

- Reduces required CPAP pressure significantly
- Improves mask seal and reduces air leaks
- Effective for positional and severe OSA
- Reduces aerophagia (air swallowing) side effects
- Supports jaw and airway positioning simultaneously
- May allow CPAP titration to be reduced over time
- Helps patients who struggle with high-pressure CPAP

APPROACH 2

Alternating CPAP & MAS

Alternating between CPAP and MAS on different nights gives patients flexibility while maintaining therapeutic control — ideal for travel, compliance challenges, or partial responders.

- CPAP for most nights, MAS for travel or short stays
- Reduces CPAP dependence and compliance fatigue
- Useful during illness or nasal congestion periods
- Maintains airway protection on non-CPAP nights
- Gradual transition pathway from CPAP to MAS-only
- Personalised scheduling based on AHI monitoring data
- Allows MAS during CPAP intolerance episodes

Why combine both therapies?

Neither CPAP nor MAS is perfect for every patient, every night. Combining them — simultaneously or alternately — gives clinicians powerful tools to optimise adherence, comfort, and OSA control in a way that no single therapy can achieve alone.

BENEFITS

Benefits of Combination Therapy

When CPAP and MAS therapy are combined intelligently, patients experience outcomes that exceed what either therapy can deliver on its own.

■ Lower CPAP pressure settings

The MAS advances the mandible, reducing upper airway collapse — meaning CPAP works at lower pressures with less discomfort and noise.

■ Better AHI control

Combining therapies delivers superior Apnoea-Hypopnoea Index reduction compared to either alone, especially in moderate-to-severe OSA.

■ Improved sleep quality

Patients report deeper, more restorative sleep, reduced arousals, and better oxygen saturation throughout the night.

■ Higher long-term adherence

Having a flexible, multi-modal plan means patients are far more likely to remain compliant — addressing the number one failure point in OSA treatment.

■ Travel-ready flexibility

MAS therapy on travel nights removes the need to carry CPAP equipment, reducing barriers and making consistent treatment realistic.

■ Reduced cardiovascular risk

Consistent, well-controlled OSA treatment is associated with meaningful reductions in hypertension, arrhythmia, and cardiovascular events.

True Combination Therapy Goes Further

Real combination therapy isn't just CPAP and MAS. Our clinic integrates a multidisciplinary team of experts to address every dimension of OSA.

Our clinic brings together **CPAP experts, Canberra's only Oral Medicine Specialist, myofunctional therapists, sleep hygiene educators, and dietitians** — all collaborating on your personalised OSA management plan.

■ CPAP Experts

CPAP Setup, Titration & Management

- Expert CPAP setup, mask fitting and device selection
- Pressure titration and data review for optimal therapy
- Troubleshooting compliance issues, leaks, and side effects
- Coordination of the full multidisciplinary treatment plan
- Management of complex or comorbid sleep disorders

◆ CANBERRA EXCLUSIVE

■ Oral Medicine Specialist

Canberra's Only — MAS & Appliance Therapy

- Canberra's only qualified Oral Medicine Specialist offering MAS therapy
- Custom mandibular advancement splint design, fitting and titration
- Expert management of TMJ, dental, and oral side effects
- Specialist assessment for complex oral/jaw conditions alongside OSA
- Seamless integration with CPAP combination protocols

■ Myofunctional Therapy

Orofacial Muscle Training

- Targeted exercises to strengthen tongue and pharyngeal muscles
- Nasal breathing retraining to support CPAP tolerance
- Evidence-based AHI reduction through improved muscle tone
- Complementary to both CPAP and MAS therapy
- Particularly effective in mild-to-moderate OSA

■ Sleep Hygiene Experts

Behavioural Sleep Medicine

- Sleep schedule optimisation and circadian rhythm alignment
- Insomnia management alongside OSA (COMISA)
- Screen, alcohol and caffeine guidance for sleep quality
- Sleep environment assessment and optimisation
- Cognitive Behavioural Therapy for Insomnia (CBTi)

■ Dietitians & Weight Management

Lifestyle & Metabolic Health

- Weight reduction strategies to reduce OSA severity
- Anti-inflammatory dietary approaches for airway health
- Metabolic syndrome management alongside OSA
- Sustainable lifestyle change coaching

■ Positional Therapy

Positional OSA Specialists

- Assessment of positional OSA (supine-dependent apnoea)
- Personalised positional training devices and techniques
- Can reduce or eliminate CPAP need in positional-only OSA
- Combined with MAS and sleep hygiene for full management

YOUR JOURNEY

How Your Treatment Plan is Built

Every combination therapy plan is bespoke — built from your diagnostic data, lifestyle, preferences, and goals.

01

Comprehensive sleep assessment

In-lab or home sleep study with detailed OSA characterisation — AHI, oxygen desaturation profile, positional analysis, and CPAP titration data.

02

Multidisciplinary case review

Your results are reviewed by our CPAP experts, Oral Medicine Specialist, and allied health team together — ensuring a unified, collaborative treatment plan.

03

Personalised combination plan

A tailored plan combining the right mix of CPAP, MAS, myofunctional therapy, sleep hygiene, and lifestyle support — reviewed and adjusted as you progress.

Ready to Sleep Better?

Speak with our team about whether combination therapy is right for you. Referrals welcome — or self-refer directly.

Book a Consultation →