

Herbst Sleep Apnea Appliance

Telescopic Mandibular Repositioner for Treating Sleep Apnea and Snoring



The standard one-piece telescopic Herbst Sleep Appliance from Johns Dental.

Previous Design for Orthodontic correction

The standard Herbst appliance is well known as an orthodontic and TMJ therapy appliance used to treat Class II correction cases.

Revised Design for Sleep Apnea

In recent years, the standard Herbst has been modified to treat mild to moderate sleep apnea cases. The original Herbst sleep appliance design used shims to adjust the amount of forward movement.

The most current design uses a one-piece telescopic mechanism shown here that advances the mandible into a forward position. This revised design is a significant improvement because its one-piece design

allows for easier adjustments without disengaging the hinge. Doctors no longer have to crimp the shims to make incremental advancements or risk losing appliance pieces.

The new design also allows mandible advancement in smaller increments of 1/4 mm. Patients can receive up to 5 mm of forward advancement with the Herbst sleep appliance allowing for an improved airway. The hard acrylic material makes this a durable sleep appliance.



The Herbst is approved by Medicare as a sleep apnea appliance.

All patients who wear a sleep apnea device may need to practice morning oral exercisers to help return the mandible into a properly functioning TMJ.

Impression Instructions

Alginate impressions of the upper and lower dental arches are taken with careful attention to extend the impression up to capture the vestibule of the maxillary arch.

The impressions are then poured in dental stone. A bite registration is taken in wax or a fast set of dental impression/bite registration material (such as BlueMousse). The mandible is to be brought forward so that the incisor teeth are aligned edge to edge and the bite is open 3-4 mm. This will be the starting point for the mandibular repositioning.



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