A MATRx™ study is an assessment procedure used by a sleep physician to determine if your obstructive sleep apnea can be successfully treated by protruding your lower jaw.

During this study, your temporary, customized dental trays (Titration Trays) will be attached to a small, remote-controlled actuator that will be used by a sleep technologist to gently and gradually move your lower jaw, while you sleep.

If your sleep study is not scheduled within 24 hours of receiving your Titration Trays, the following steps are recommended.

- Place your upper and lower trays in a standard disinfectant solution or mouthwash, for example, Listerine®
- Allow the trays to soak in the solution for 30 seconds – 1 minute
- Rinse the trays under cold tap water for approximately 30 seconds
- Place your trays back into the Tray Case
- Store your trays in a cool dry location, for example, a refrigerator

OVERVIEW

LOOKING AFTER YOUR TITRATION TRAYS
WHAT TO BRING

- MATRx Titration Trays
- MATRx Patient Assessment Card
- Physician Prescription
- Toiletries and loose-fitting sleepwear
- Insurance card

PREPARING FOR THE SLEEP STUDY

Confirm your appointment with the sleep centre. For CPAP users, it is recommended to discontinue CPAP use for two nights before your sleep study (please check with your physician).

ON THE DAY OF YOUR STUDY

- Do not eat or drink caffeinated products (coffee, tea, chocolate, soda) past 12 noon
- Do not drink alcoholic beverages
- Avoid use of excessive hair styling products (hairspray, gel, etc), makeup and body creams
- Remove acrylic nails and nail polish from index fingers
- Unless told otherwise, take all prescription medications as instructed by your physician

DURING THE SLEEP STUDY

The sleep technologist will ensure you understand the sleep study procedure and are comfortable before the study begins. During the study, the sleep technologist will closely monitor your progress while adjusting, or titrating, the position of your lower jaw to treat your obstructive sleep apnea and keep your airway open.
• The sleep technologist will remove your Titration Trays
• A sleep physician will evaluate the results of your sleep study
• If your study was a success, the sleep physician will refer you back to the sleep dentist with a prescription for an oral appliance, including the settings for effective therapy
• The sleep dentist will contact you to make arrangements for oral appliance fitting and training
• Your referring physician will receive a copy of your sleep study results
• Keep your Titration Trays until the sleep physician or dentist indicates that they are no longer needed

AFTER THE SLEEP STUDY