

Myofunctional training with oral screen

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Aims: To assess 1) if myofunctional training methods can reduce apnoea-hypopnea index among adults with mild to moderate sleep apnoea and 2) if the oral screen can lower the level and intensity of snoring and change levels of sleepiness and quality of life. **Methods:** 70 consecutive adult subjects, 35 men and 35 women, referred due to symptoms of snoring and mild to moderate sleep apnoea, will be randomized, included, and examined at two different sites, Umeå (Sweden) and Lund (Sweden). Patients will be randomized to either training with IQoro or serving as controls.

Results: This is an ongoing study. 15 subjects have been included so far. **Conclusions:** Results will be published in a peer-reviewed journal