Dental Sleep Apnea Clinic

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Snoring Log

There are several subjective reports used when determining the effectiveness of Oral Appliance Therapy. Snoring is one of those reports we analyze. We would like you to record your snoring using a snore application on your smart phone. (Example: "Snore Lab" for Android and IPhone)

Log your results below

Please start recording your results before and after you have received your Oral Appliance

Date	Score Level	Appliance Advancement	Notes