

Dr. Zachary Hodgins:

So there are a lot of different things you can get on the internet nowadays. You can pretty much get anything you want to, braces, and those things aren't safe. So patients that are treating themselves for sleep apnea, there's a number of different things that make it really a bad idea. The first is the fit of the appliance to making sure that it's adjusted properly, that you're actually breathing properly at night, and the follow-up, and most essential, is the proper diagnosis. So working with medical professionals, a team of professionals, to make sure that you're diagnosed properly, you're treated properly, and the follow-up is done properly. Those are really all essential. So don't do that at home on the internet. That's not a good idea.