

Product or Treatment Protocol	Nonsurgical Options			Surgical Options		
	VIVOS	CPAP	Oral Appliance Therapy	inVspire <sup>®</sup> <small>UPPER AIRWAY STIMULATION</small>	Uvulopalatopharyngoplasty (UPPP)	Maxillomandibular Advancement Surgery
Treats Underlying Cause	✓ Yes	✗ No	✗ No	✗ No	✓ Yes	✓ Yes
Time to Resolve Symptoms	✓ Potentially immediate	✓ Potentially immediate	✓ Potentially immediate	✓ Potentially immediate	✓ Potentially immediate	✓ Potentially immediate
Overall Efficacy	✓ High, good patient compliance	✗ High, but low patient compliance	✓ High, good patient compliance	✓ Good in ideal conditions	✗ Low-to-medium effectiveness	✓ High
Pain	✓ Very minor or none	✓ Very minor or none	✓ Very minor or none	✓ In some cases	✓ During recovery	✓ During recovery
Potential Negative Side Effects	✓ Minor and/or cosmetic	✗ Moderate	✗ Moderate	✗ Major	✗ Major	✗ Major
Treatment Time	✓ Average 12–24 months	✗ Lifetime	✗ Lifetime	✗ Lifetime	✗ Surgery and healing time	✗ Surgery and healing time
Duration of Benefits	✓ Potentially many years to lifetime	✗ Only when device is in use	✗ Only when device is in use	✗ Only when device is in use	✗ Limited and fades with time	✓ Many years to lifetime
Portability	✓ Yes	✗ No	✗ No	✓ Yes	✓ Yes	✓ Yes
Potential Cosmetic Benefits	✓ Yes	✗ No	✗ No	✗ No	✗ No	✓ Yes
Impact on TMJ	✓ May resolve many TMJ issues	✗ No known positive impact	✗ No known positive impact	✗ No known positive impact	✗ No known positive impact	✗ No known positive impact