Study to Examine the Effect of Silicone Mouth Tape on Snoring and Mild Sleep Apnea.

NCT06587256

Status	RECRUITING
Phase	Phase 2
Sponsor	Johns Hopkins University
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (1)

- Adult patients with a body mass index of 35 kg/m2 with a self-reported history of snoring and a bed partner who can provider answers to about the patients snoring. Patients must have a prior sleep study that shows no sleep apnea, or mild sleep apnea (AHI under 15 events/hr).

Exclusion (5)

- Allergy to silicone mouth tape, chronic lung disease, facial hair preventing wearing of the tape
- Grade 3+ or 4+ tonsils, prior palatal or tongue surgery.
- Patients may not have any form of chronic or acute hypoventilation.
- Patients must be able to tolerate breathing through their nose with the mouth tape in place for at least 3 minutes.
- Patients may not be pregnant

Locations (1 total)

Johns Hopkins Bayview Medical Center, Baltimore, Maryland, United States