

Key Publications

The Moses®

The history and efficacy of the Moses® appliance have been well documented over the last decade. Both the product and its developer, Allen J. Moses, DDS, have been featured in key articles and industry journals. Below is a selection of publications that highlight the innovative design of The Moses® and the recommended bite protocol.

Evolution of Theory on Oral Appliances and Exercises for Sleep Apnea and Snoring

Allen J. Moses, DDS, *Sleep Diagnosis and Therapy*, Vol 5 NO 7 Nov - Dec 2010

This article details how exercises and stimulation of reflexes play a significant role in the treatment of snoring and obstructive sleep apnea. An example of this would be the tongue bumps on the upper retainer of The Moses® appliance. They are purposely included to stimulate the tongue to orient towards an upward, anterior position.

[Evolution of theory on oral appliances](#)

Consideration of Intercondylar Angles in Determining a Maxillo-Mandibular Relationship for Intraoral Sleep Appliances

Allen J. Moses DDS, Richard A. Bonato Ph.D., and Gloria Pacini R.D.H.; *Sleep Diagnosis and Therapy*, Vol 7 NO 3 2012

In this article, the authors study the intercondylar asymmetry in humans, and explain why using The Moses Bite Shims to record the maxillo-mandibular relationship is preferred to other devices.

[Consideration of intercondylar angles](#)

Oral Appliance Design

Allen J. Moses, DDS, D.ABDSM; *JDSM Dialogue Issue 2 2011*

This article provides common sense principles for registration of the maxillo-mandibular relationship and a description of the use of Manual Muscle Testing and The Moses Bite Shims to determine the optimal starting position for treatment using an oral appliance.

[Oral appliance design](#)

Case Study of the Anatomic Changes Effected by a Mandibular Advancement Device in a Sleep Apnea Patient

Allen J. Moses DDS, J.A. Dedoya, and J.A. Learreta; *Sleep Diagnosis and Therapy*, Vol 5 NO 1 Jan - Feb 2010

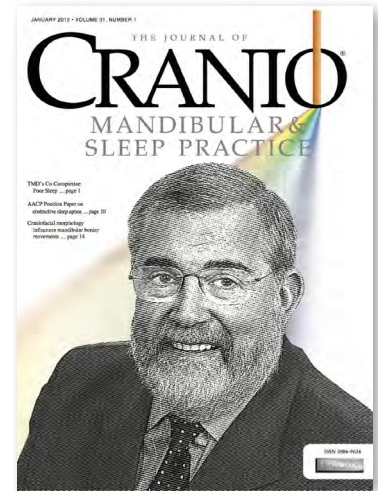
An imaging study is presented to explain how a mandibular advancement device used as a therapy for obstructive sleep apnea changes the shape and volume of the oral airway.

[Case study of anatomic changes](#)

Protocol for Primary Treatment of Snoring by Dentists

Allen J. Moses DDS, *Sleep Diagnosis and Therapy*, Vol 3 NO 6 Oct 2008

The treatment of benign non-apneic snoring is explained in a logical and concise flow chart. [Protocol for primary treatment](#)



Allen J. Moses, DDS

Dr. Moses, the inventor of The Moses® appliance, has earned Diplomate certificates from the American Board of Craniofacial Pain and the American Academy of Dental Sleep Medicine. He is an assistant professor in the Department of Sleep Disorders at Rush University Medical School and a consultant & teacher in the Department of Sleep Disorders at Northwestern University Medical School. Dr. Moses has served as book-review editor of *Cranio* and is on the Editorial Advisory Board of *Sleep Diagnosis and Therapy* and *Journal of Cranio Mandibular Practice*. Dr. Moses has published more than 30 articles in scientific and legal journals; he has taught & delivered papers in more than 10 countries. Dr. Moses is also the co-inventor of The Moses Bite Shims.



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