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(19) **United States**(12) **Patent Application Publication**
Thornton et al.(10) **Pub. No.: US 2017/0049607 A1**(43) **Pub. Date: Feb. 23, 2017**(54) **APPARATUS FOR IMPROVED BREATHING**(71) Applicant: **AirWay Technologies, LLC,**
Carrollton, TX (US)(72) Inventors: **W. Keith Thornton**, Dallas, TX (US);
Alastair E. McAuley, Warkworth (NZ)(21) Appl. No.: **15/342,475**(22) Filed: **Nov. 3, 2016****Related U.S. Application Data**

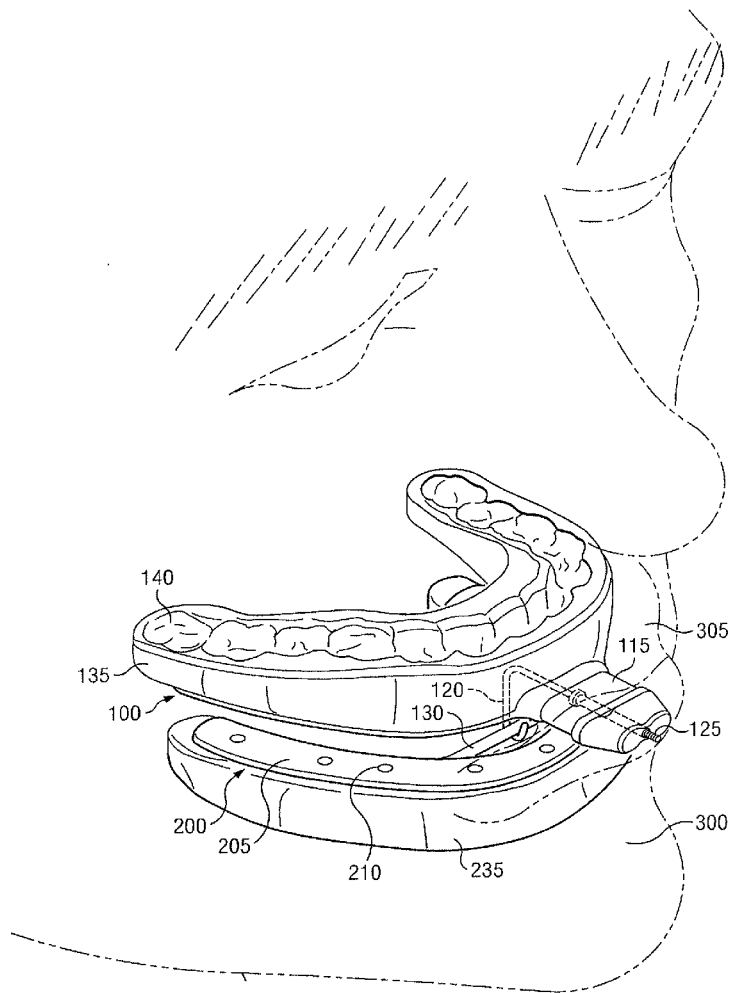
(63) Continuation-in-part of application No. 14/009,821, filed on Nov. 1, 2013, filed as application No. PCT/US12/32407 on Apr. 5, 2012, which is a continuation of application No. 13/080,167, filed on Apr. 5, 2011, now Pat. No. 8,662,084, which is a continuation of application No. 13/080,050, filed on Apr. 5, 2011,

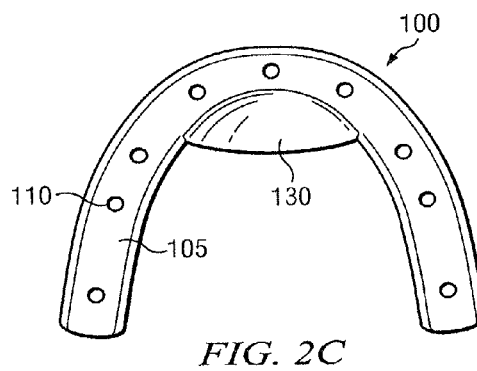
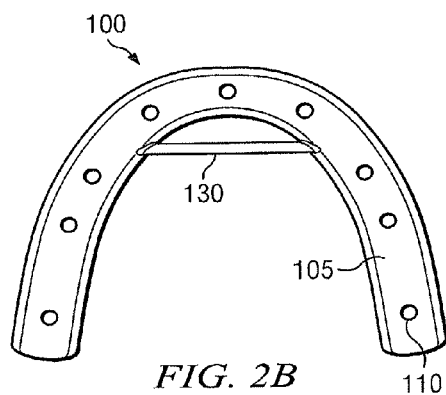
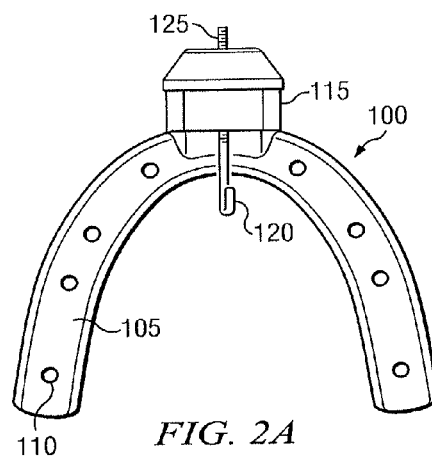
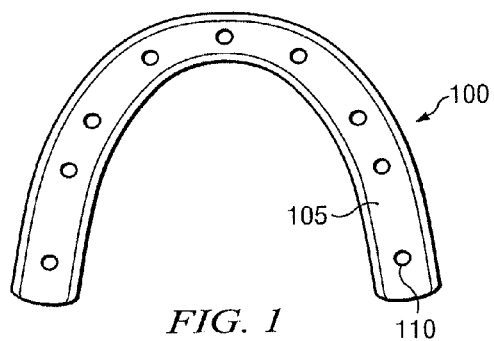
now Pat. No. 8,671,946, which is a continuation of application No. 13/080,103, filed on Apr. 5, 2011, now Pat. No. 8,783,261.

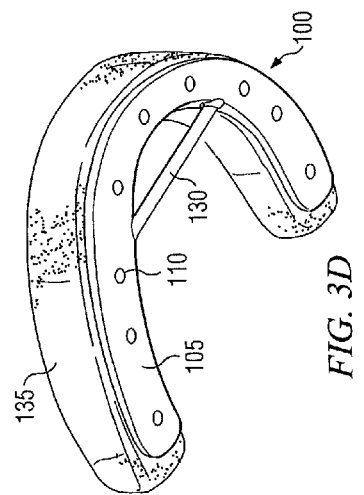
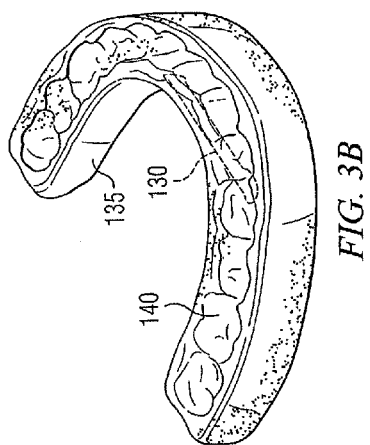
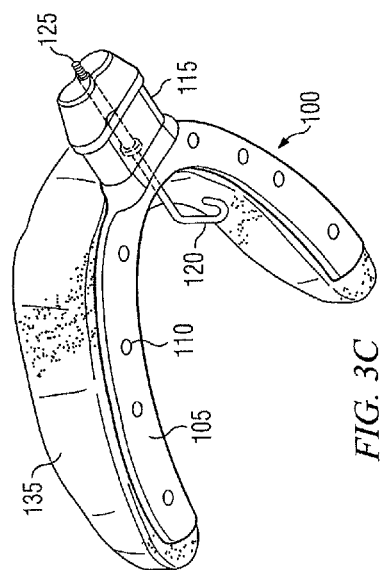
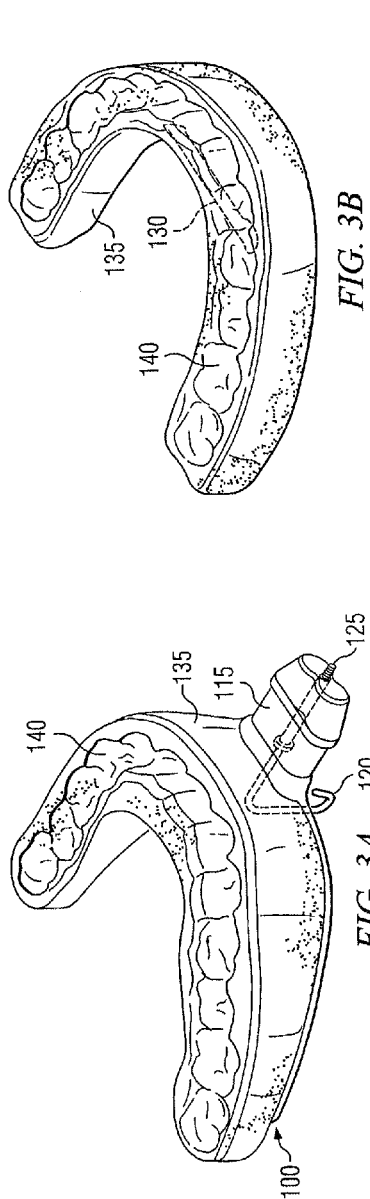
Publication Classification(51) **Int. Cl.****A61F 5/56** (2006.01)**A61M 16/06** (2006.01)**A61M 16/08** (2006.01)(52) **U.S. Cl.**CPC **A61F 5/566** (2013.01); **A61M 16/0816**
(2013.01); **A61M 16/06** (2013.01)**ABSTRACT**

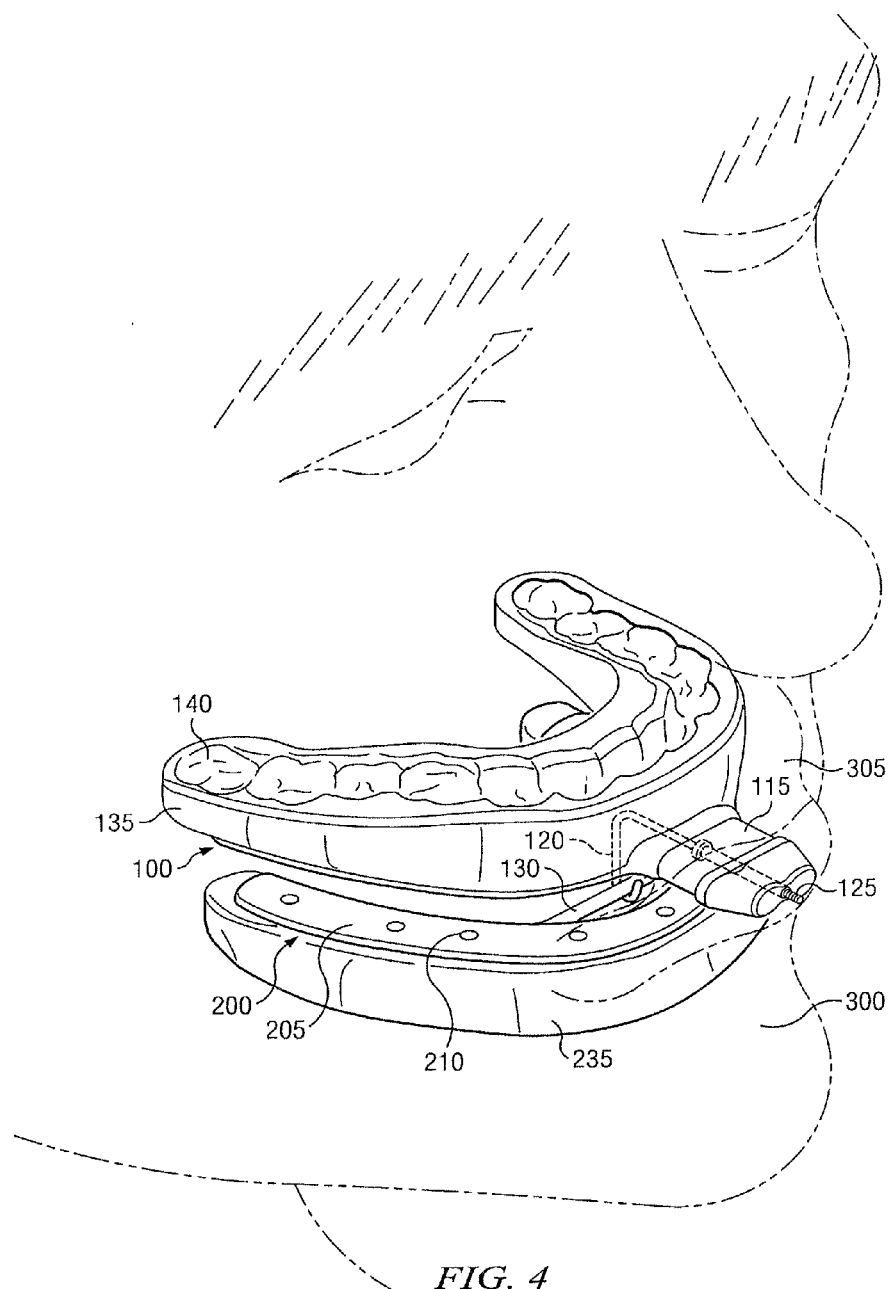
(57)

An apparatus for improved breathing is provided. The apparatus may include an improved oral appliance, an improved mask, an improved coupler to couple an oral appliance to a mask, and/or a combination of these improvements.









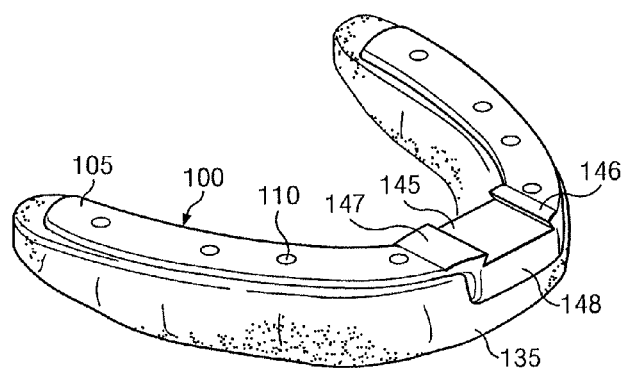


FIG. 5A

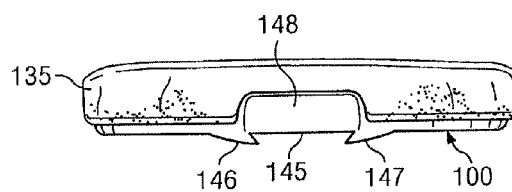


FIG. 5B

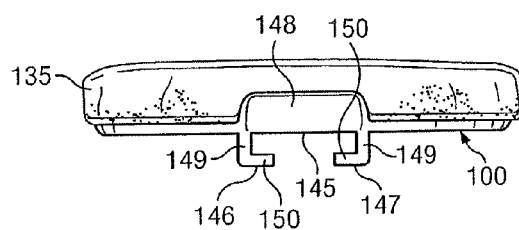


FIG. 5C

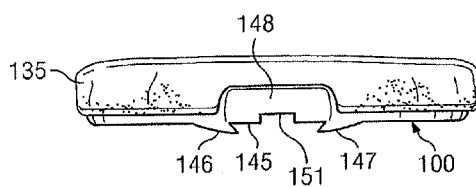


FIG. 5D

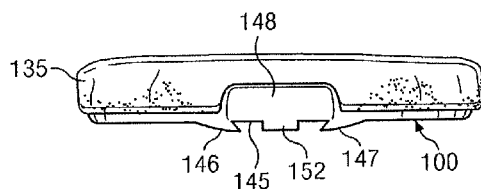


FIG. 5E

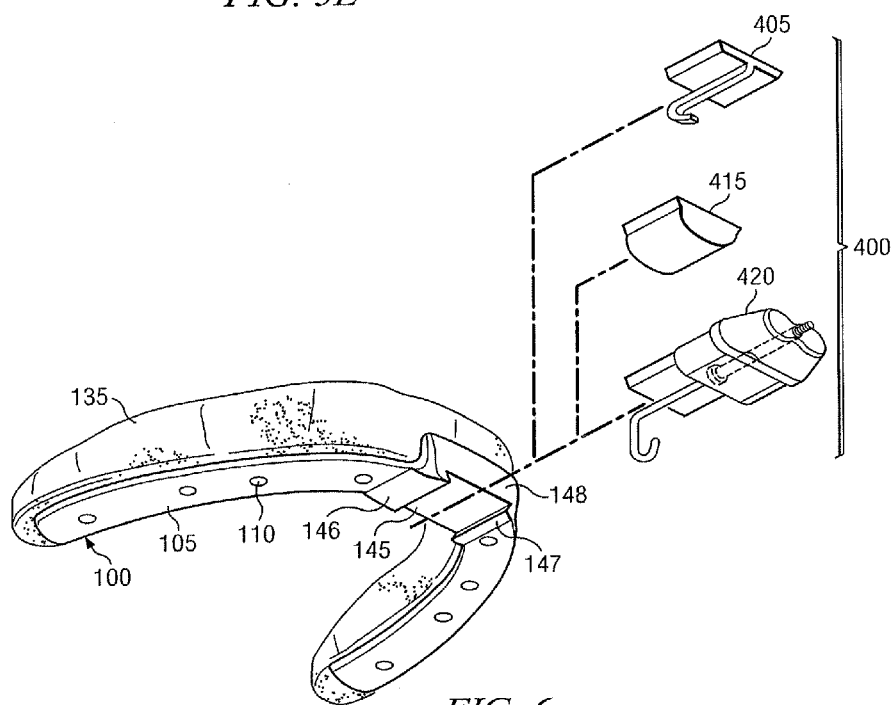


FIG. 6

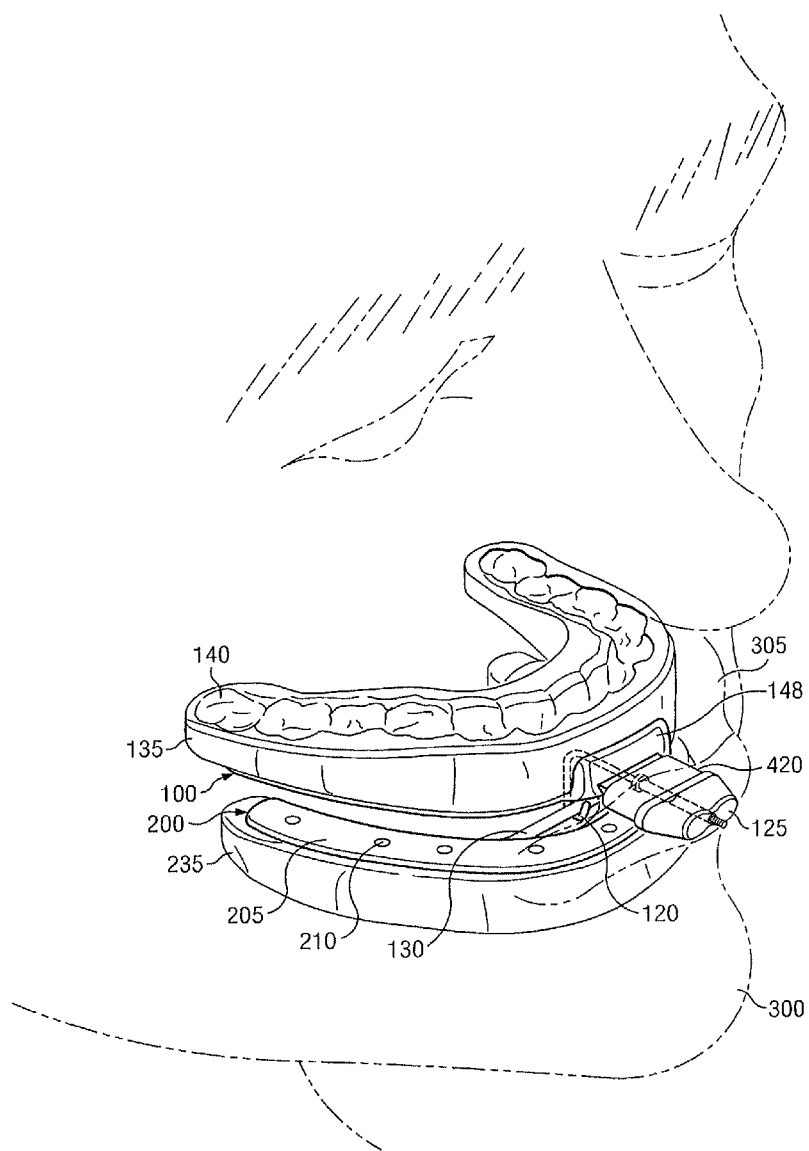


FIG. 7

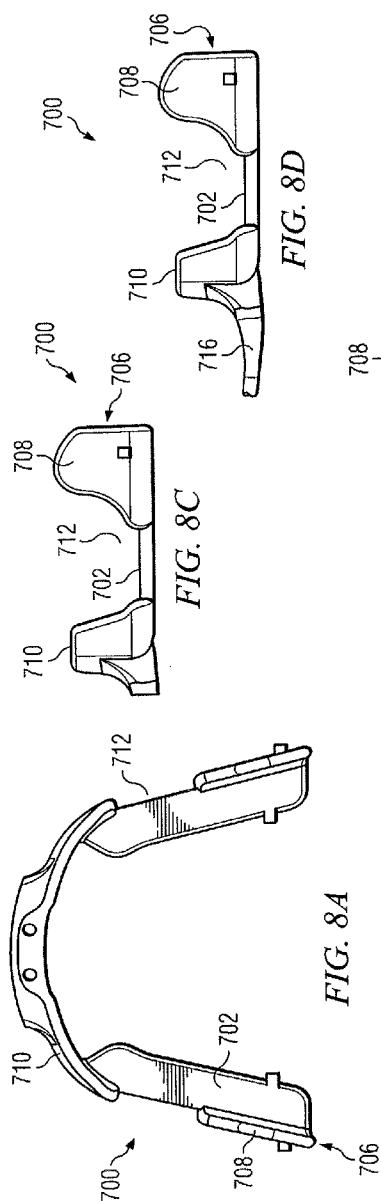


FIG. 8A

FIG. 8C

FIG. 8D

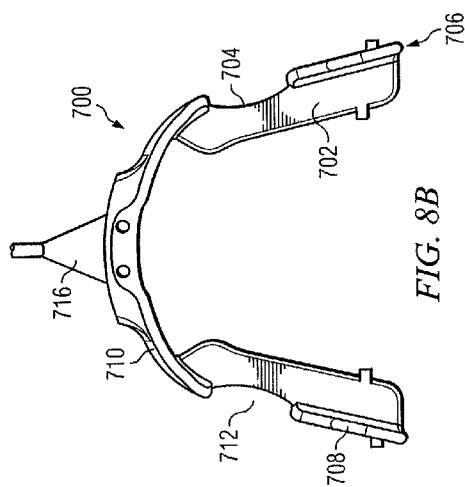


FIG. 8B

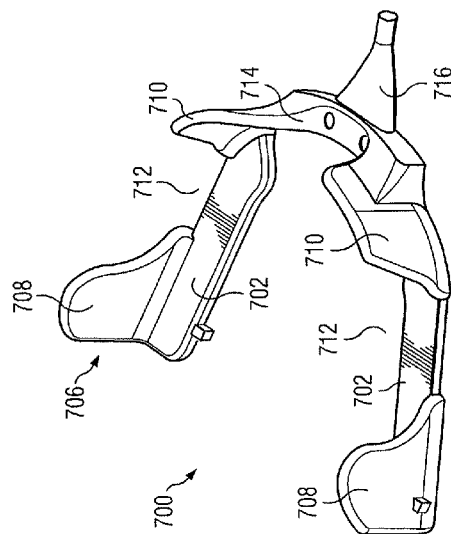


FIG. 8E

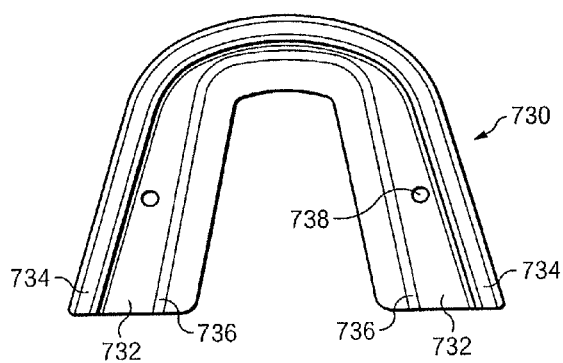


FIG. 9A

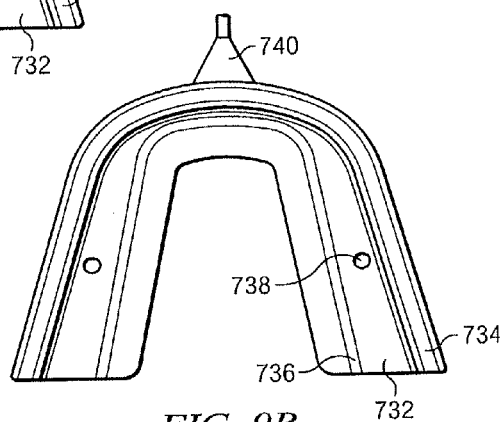


FIG. 9B

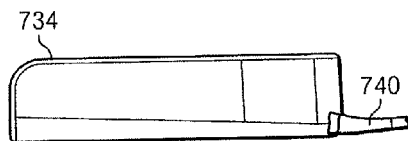


FIG. 9C

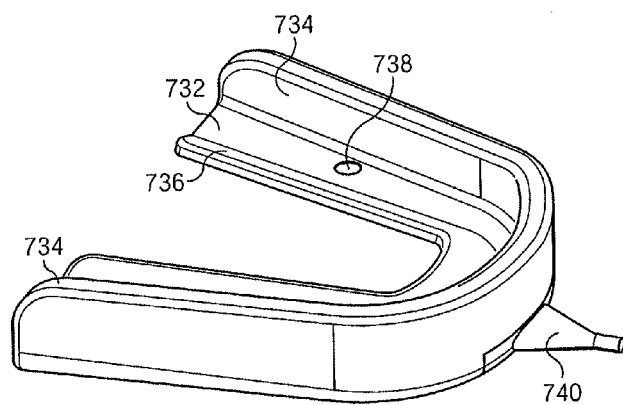


FIG. 9D

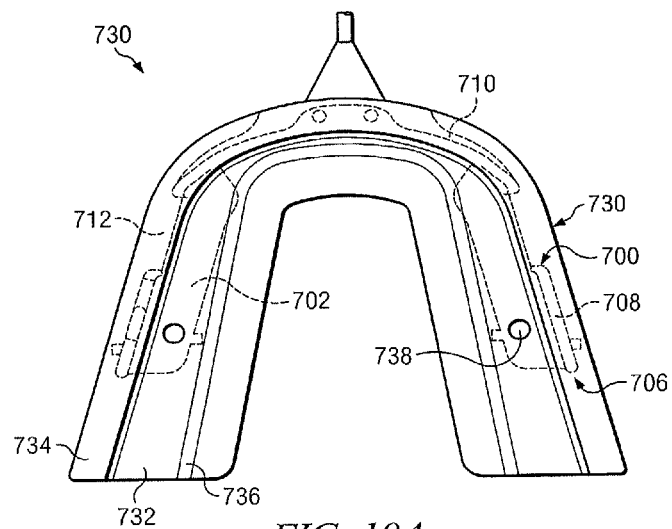


FIG. 10A

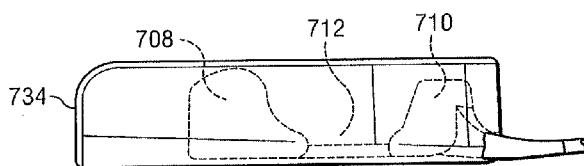


FIG. 10B

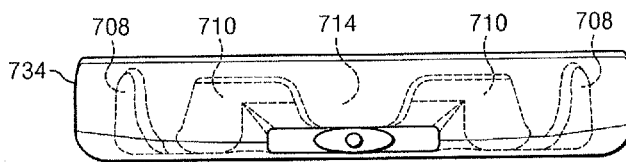
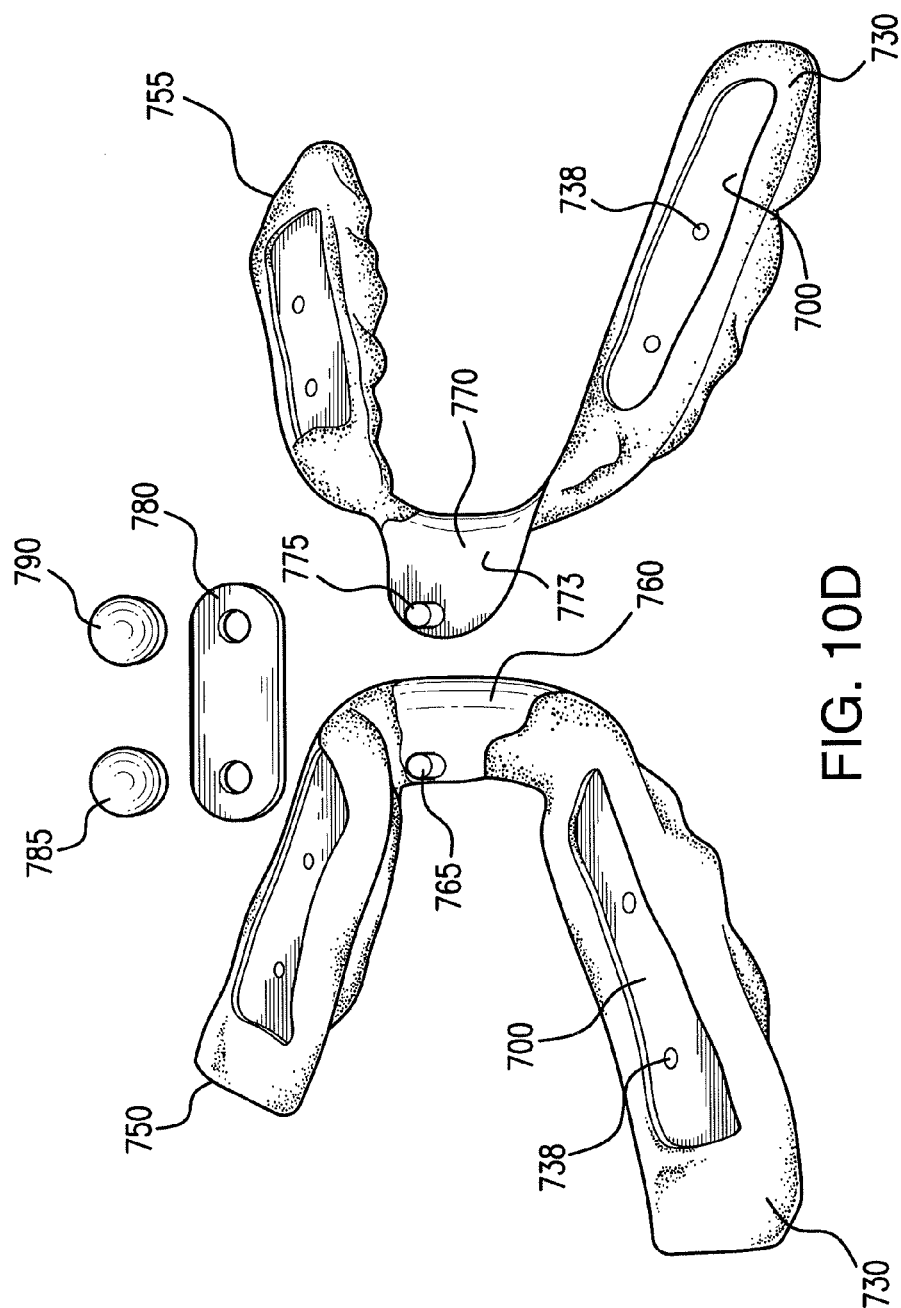
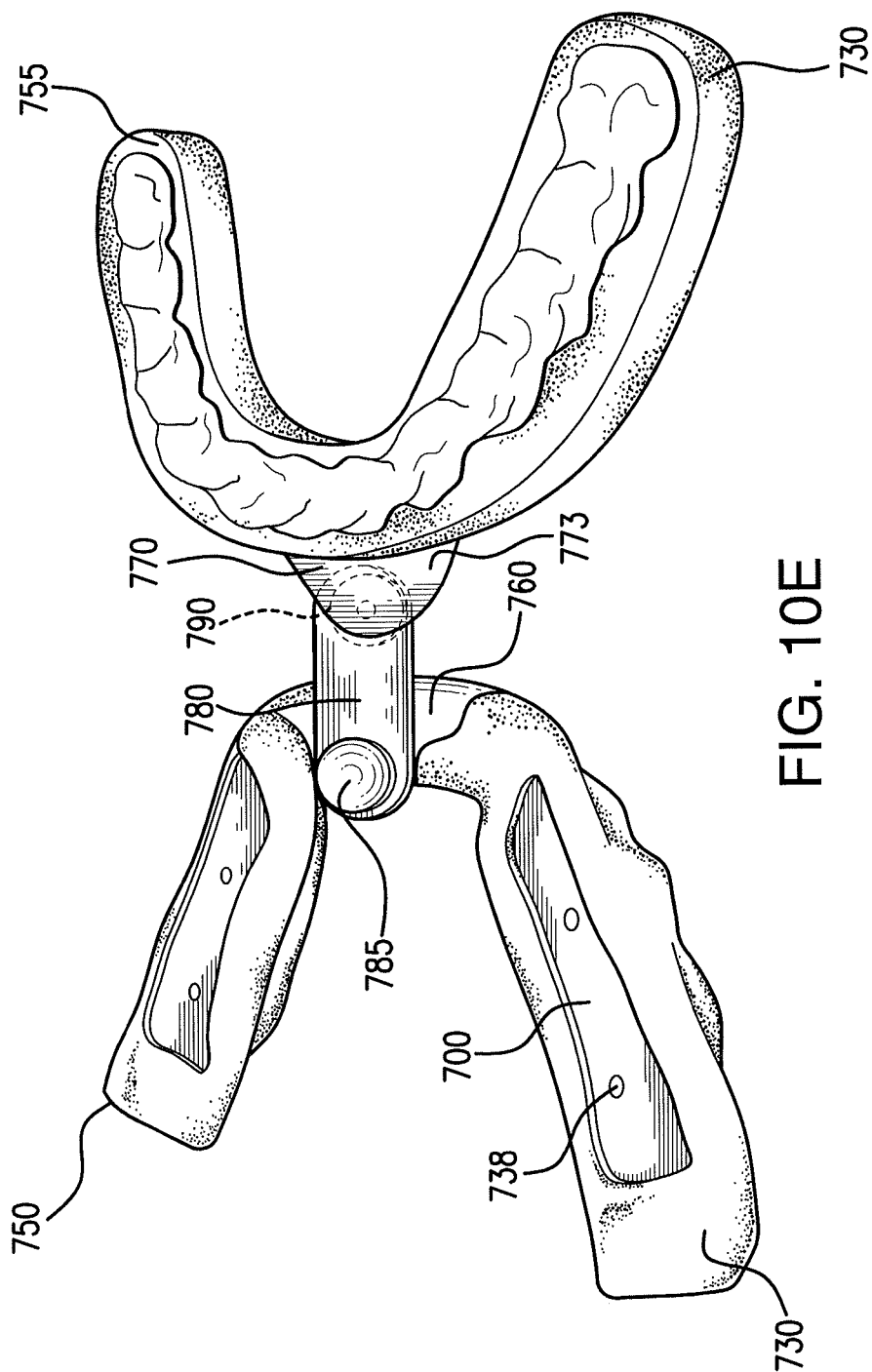


FIG. 10C





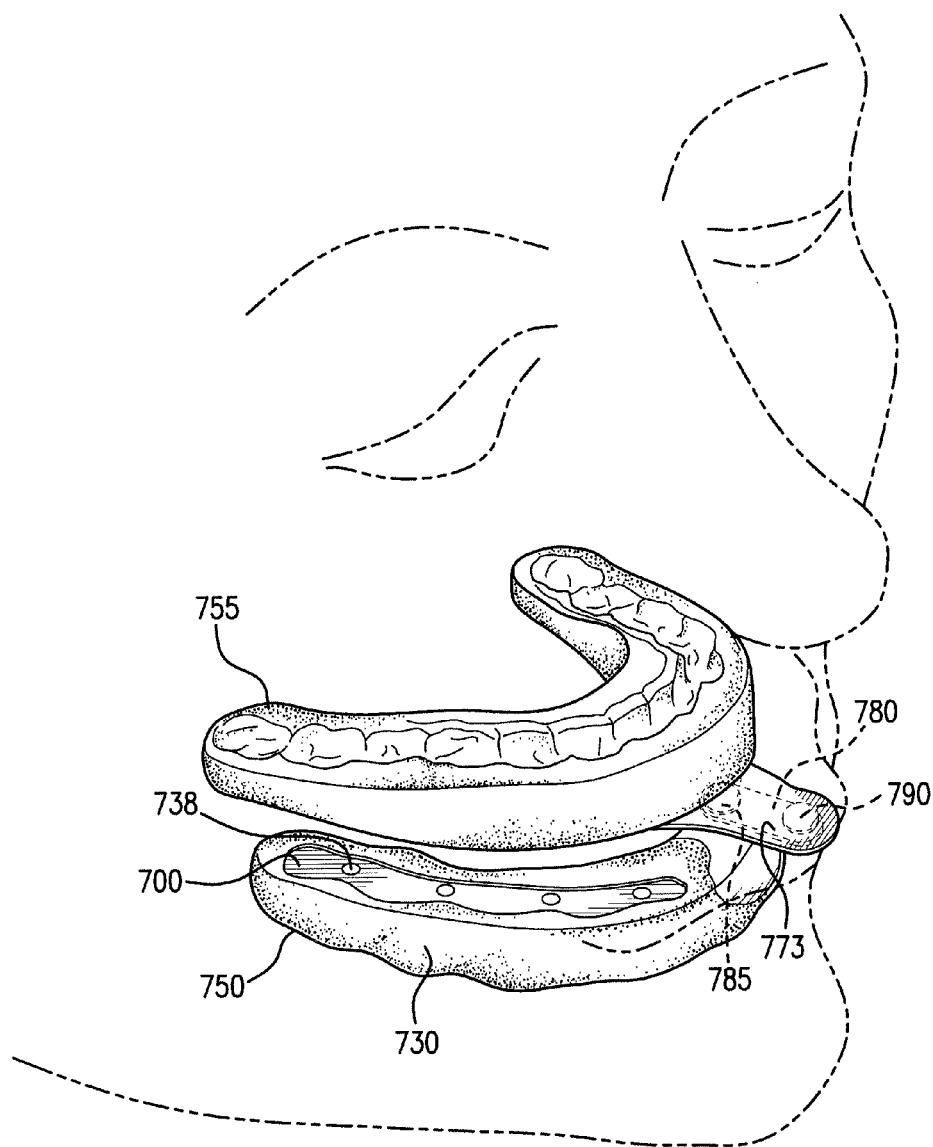


FIG. 10F

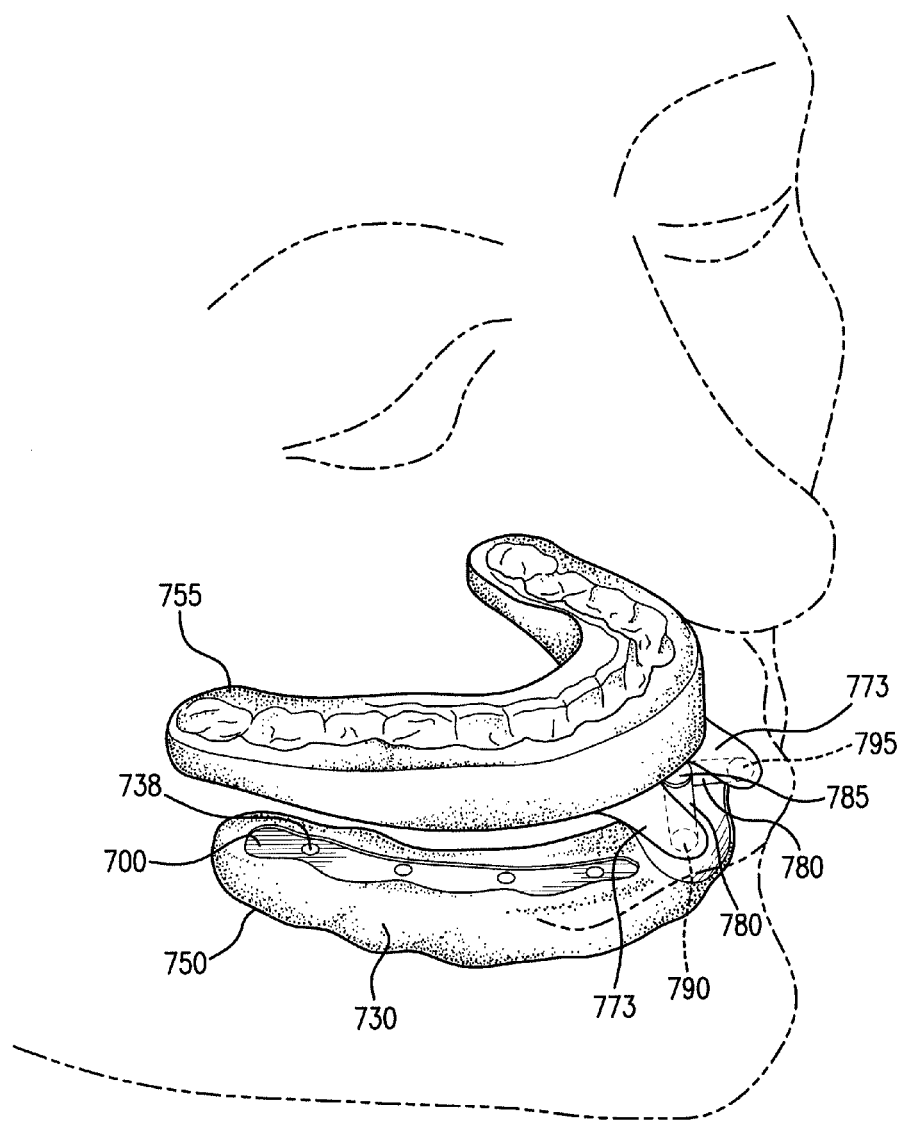
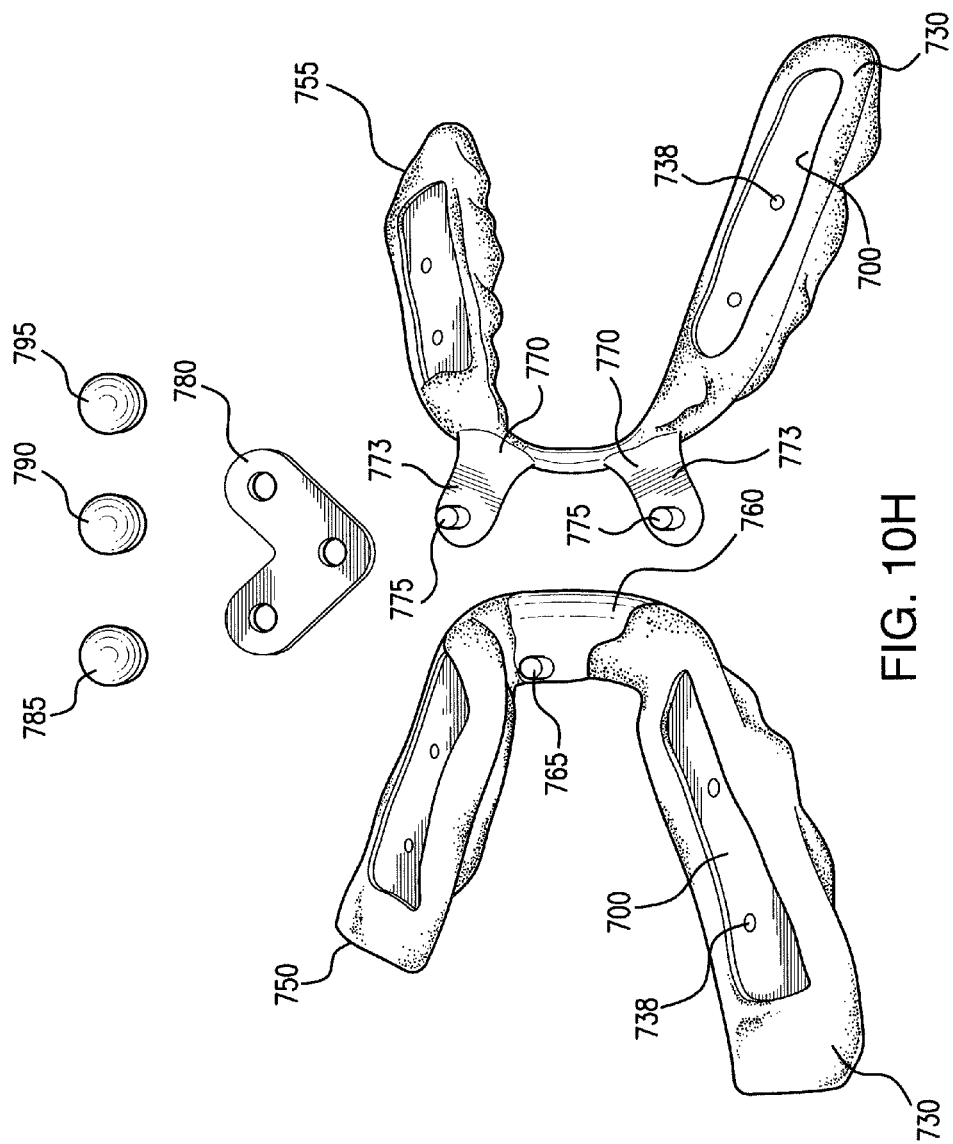
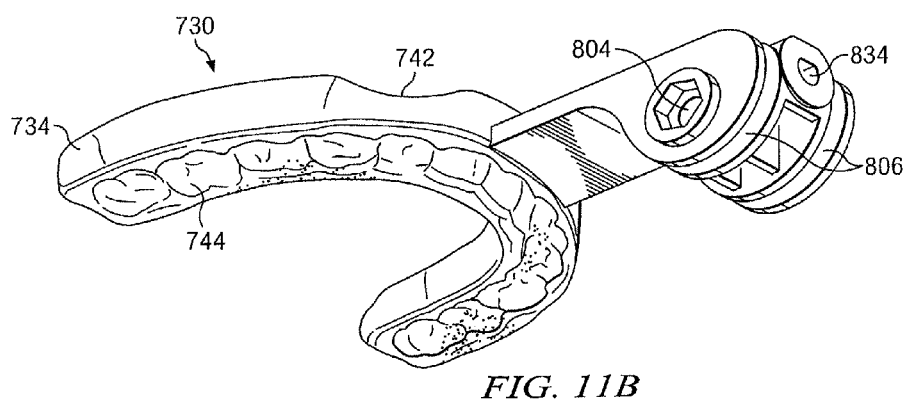
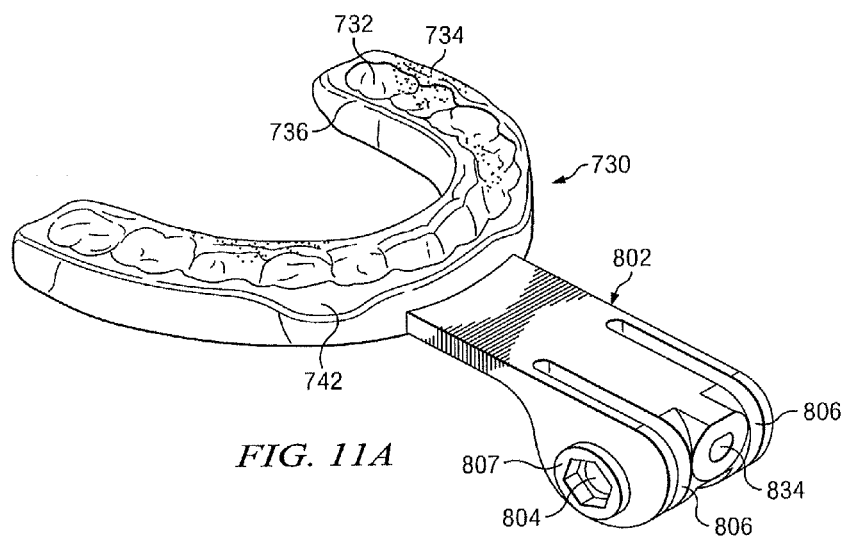
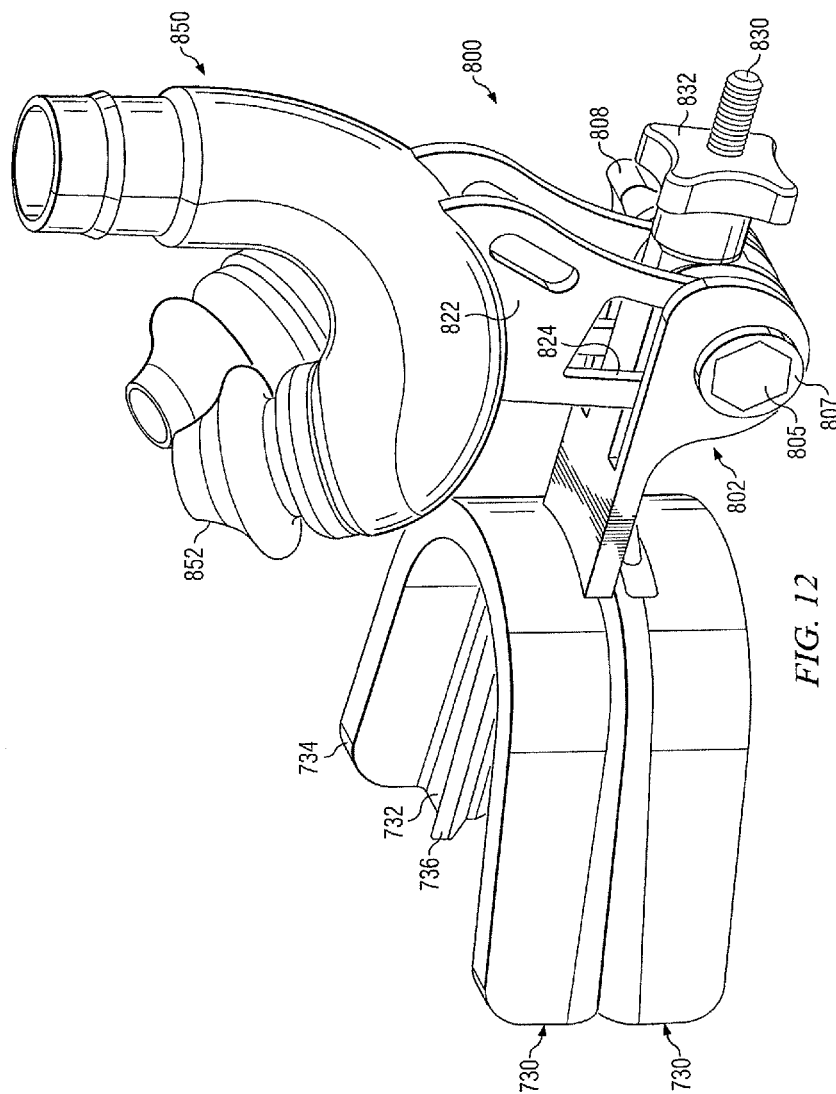
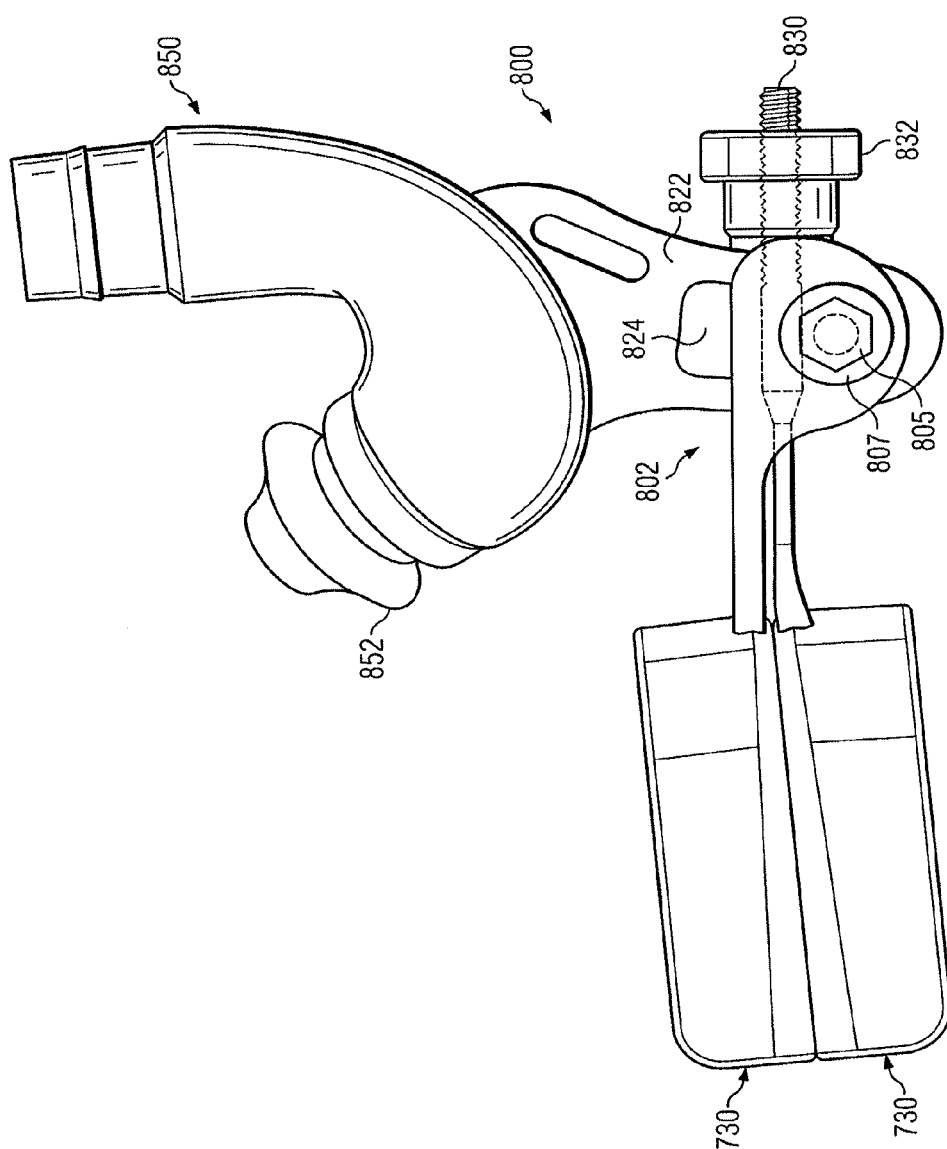


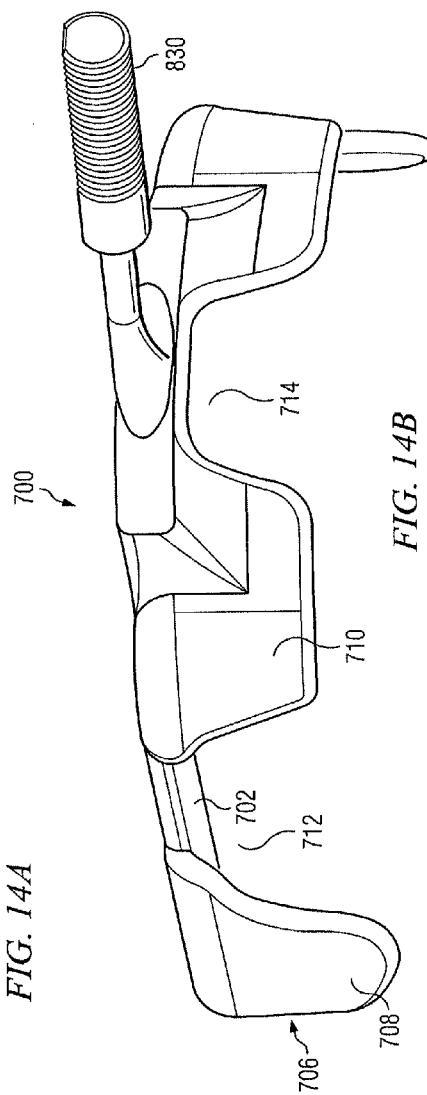
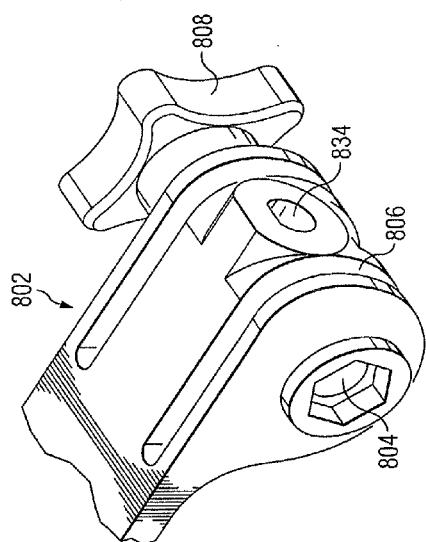
FIG. 10G











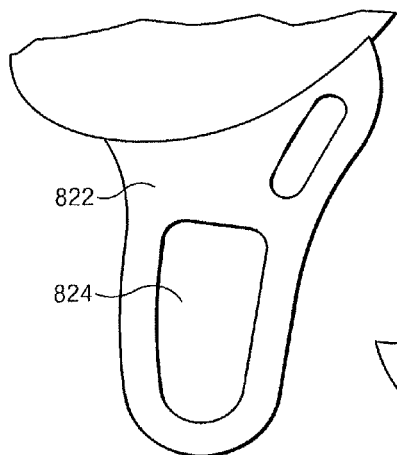


FIG. 15A

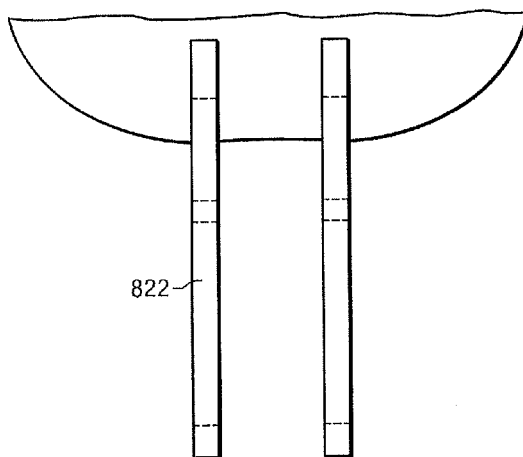


FIG. 15B

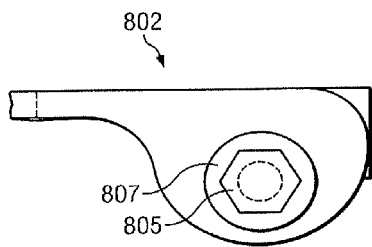


FIG. 16A

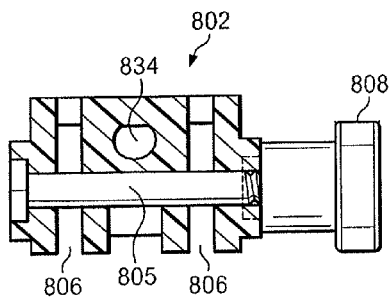


FIG. 16B

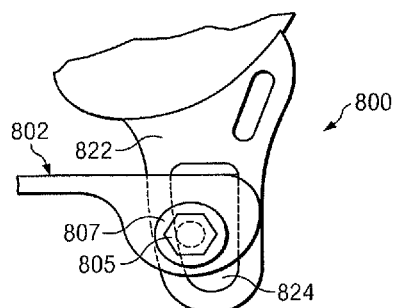


FIG. 17A

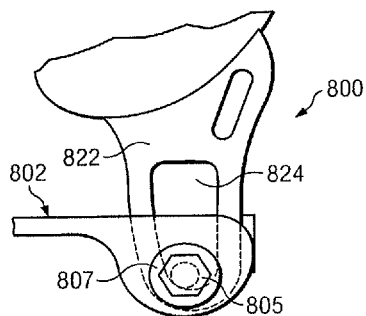


FIG. 17B

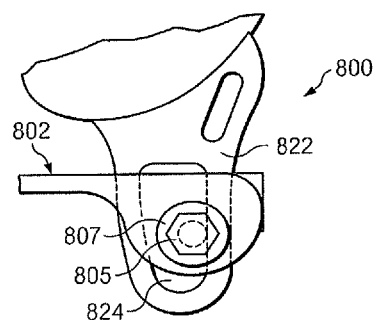


FIG. 17C

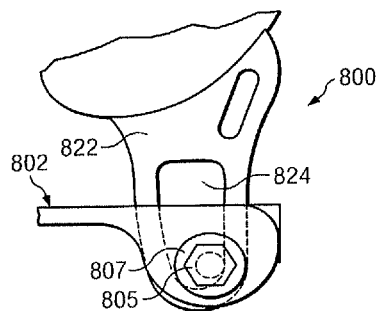


FIG. 17D

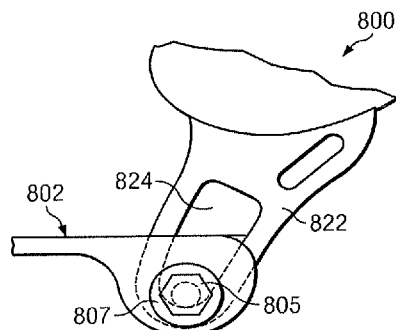


FIG. 17E

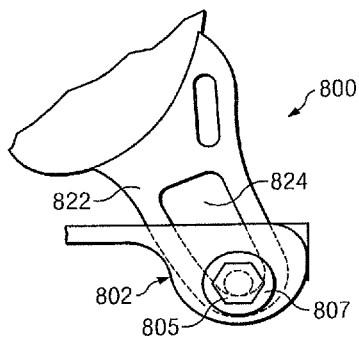
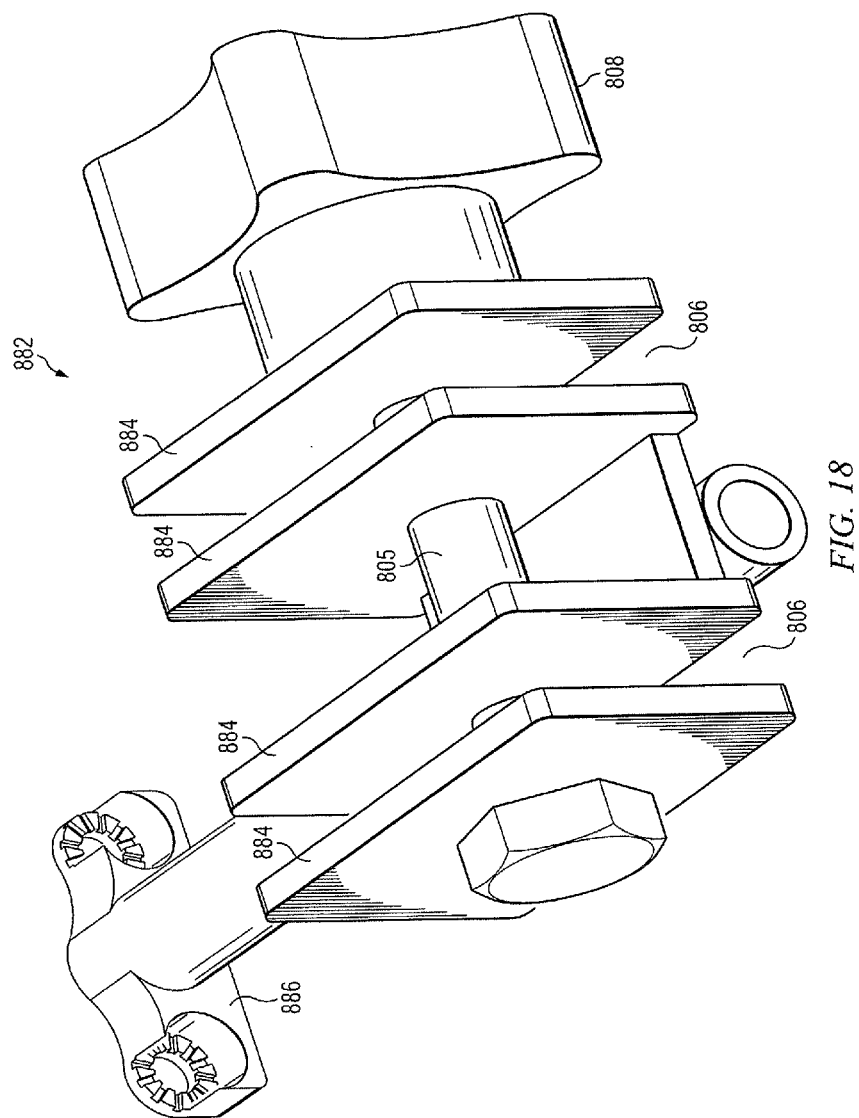


FIG. 17F



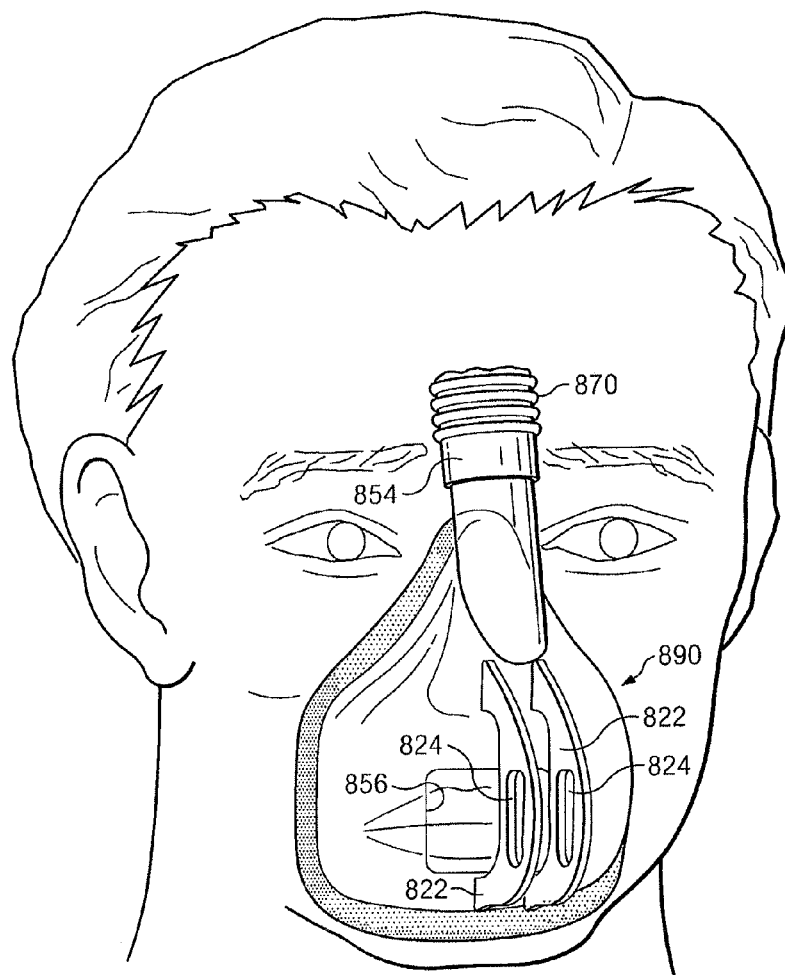


FIG. 19A

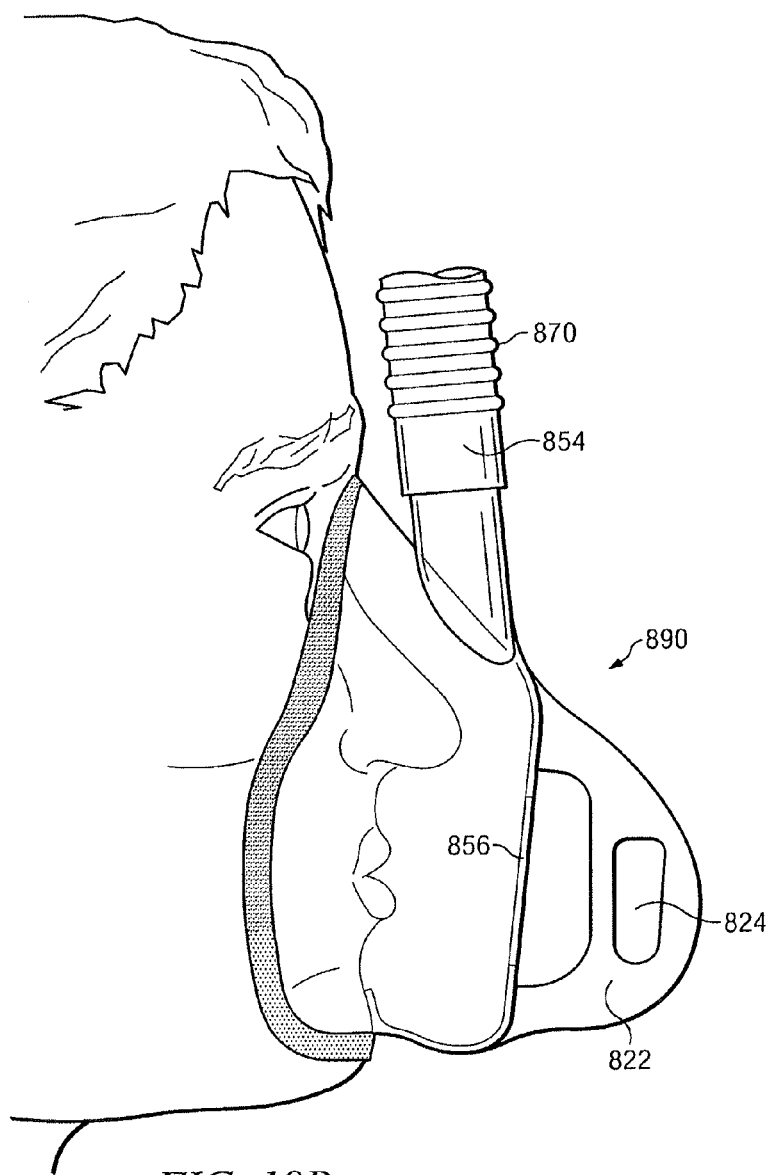


FIG. 19B

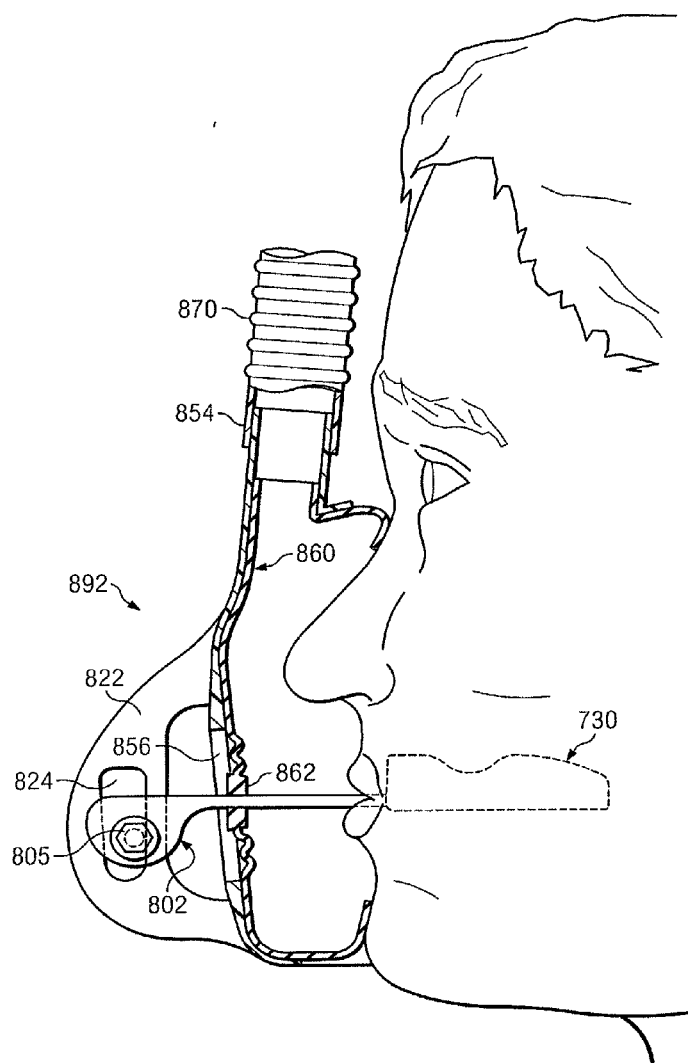


FIG. 20

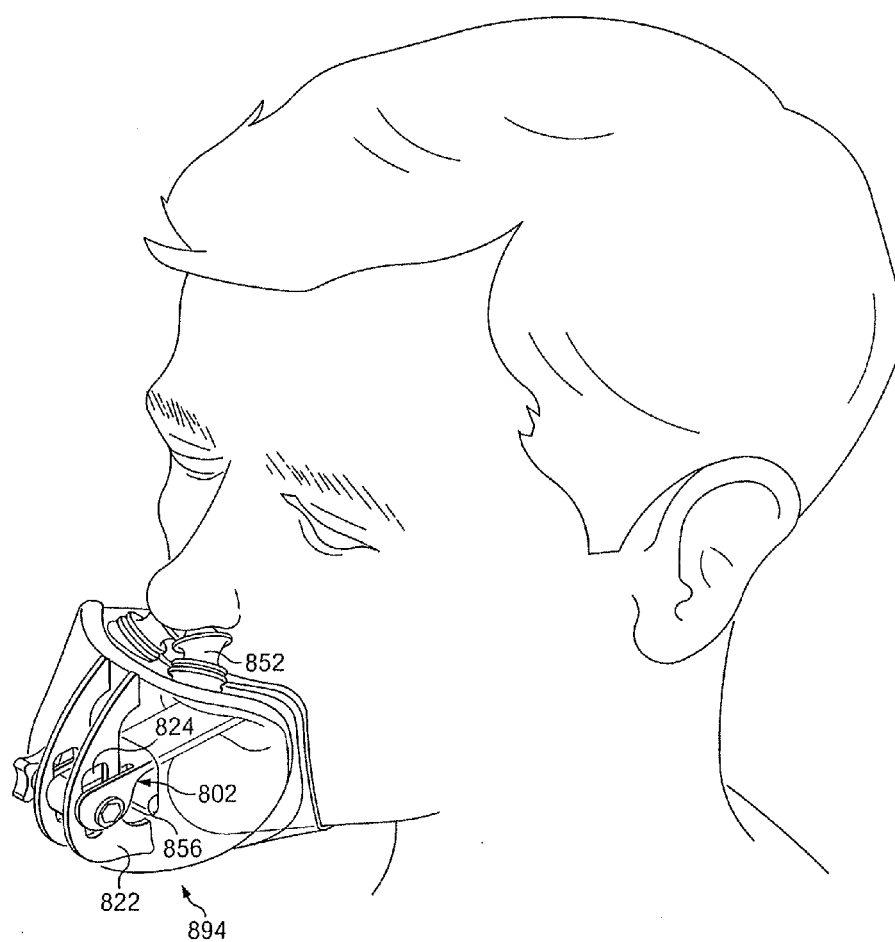


FIG. 21A

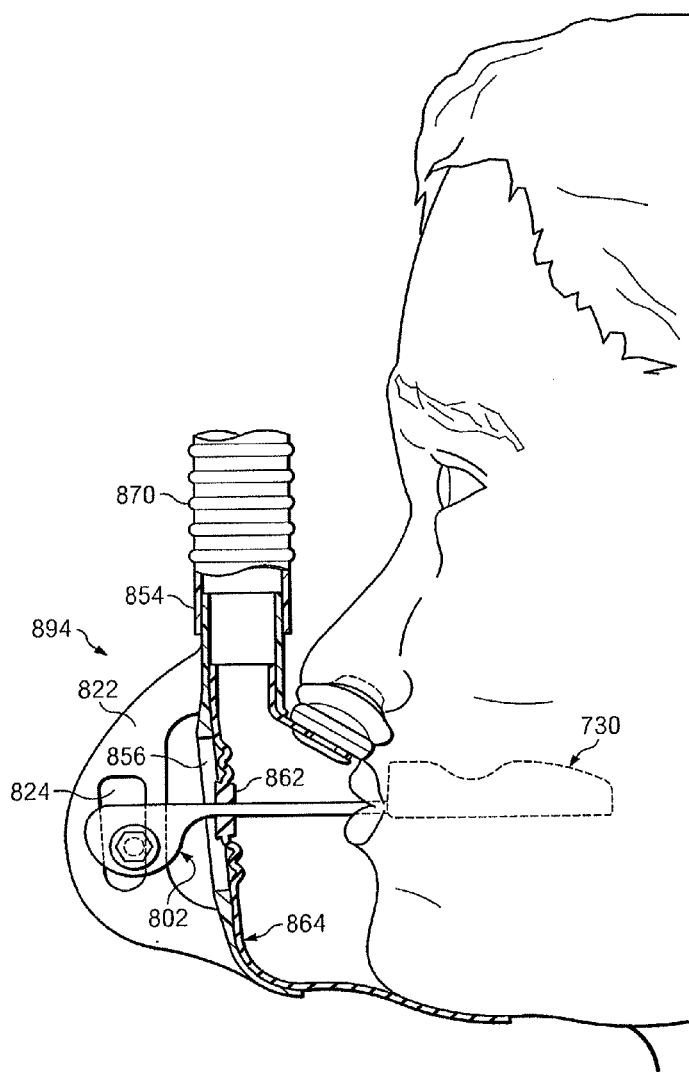


FIG. 21B

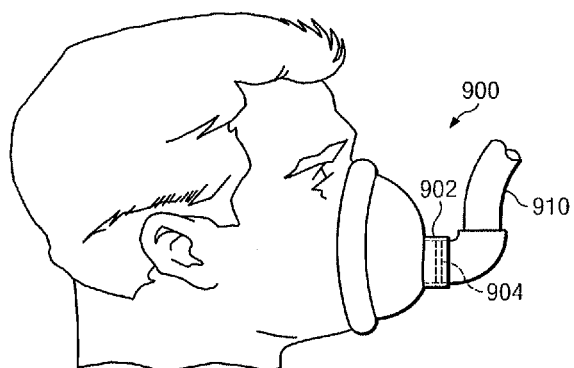


FIG. 22A

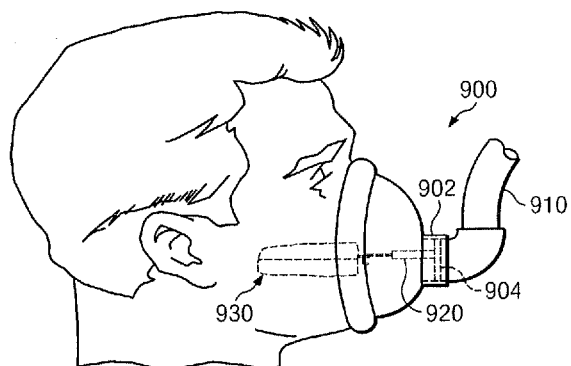


FIG. 22B

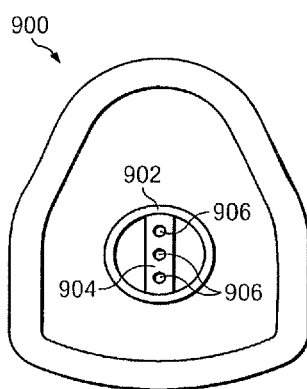


FIG. 23A

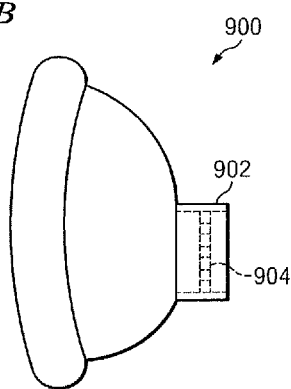


FIG. 23B

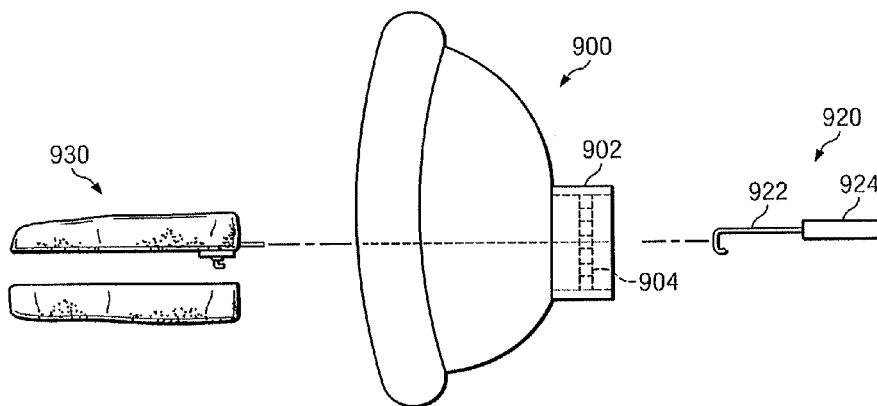


FIG. 24

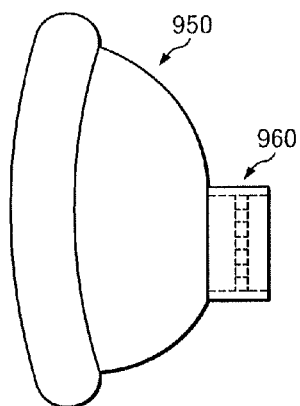


FIG. 25A

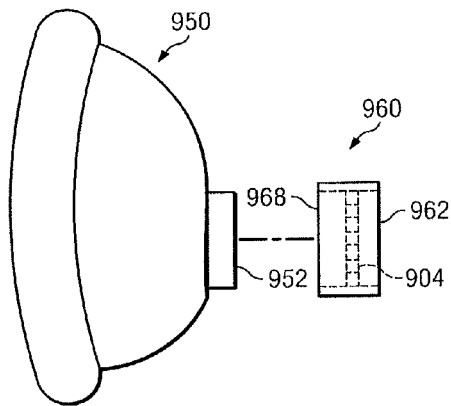


FIG. 25B

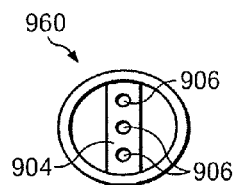


FIG. 26A

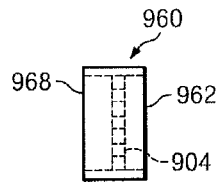


FIG. 26B

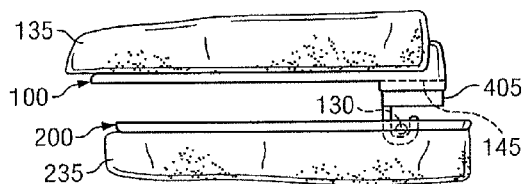


FIG. 27



FIG. 28

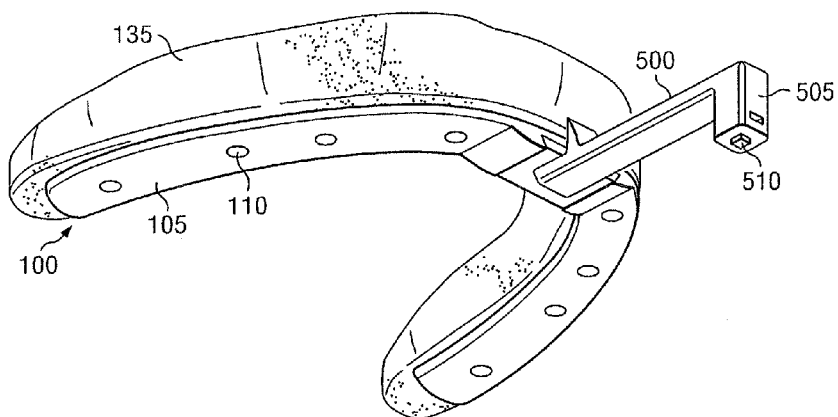


FIG. 29

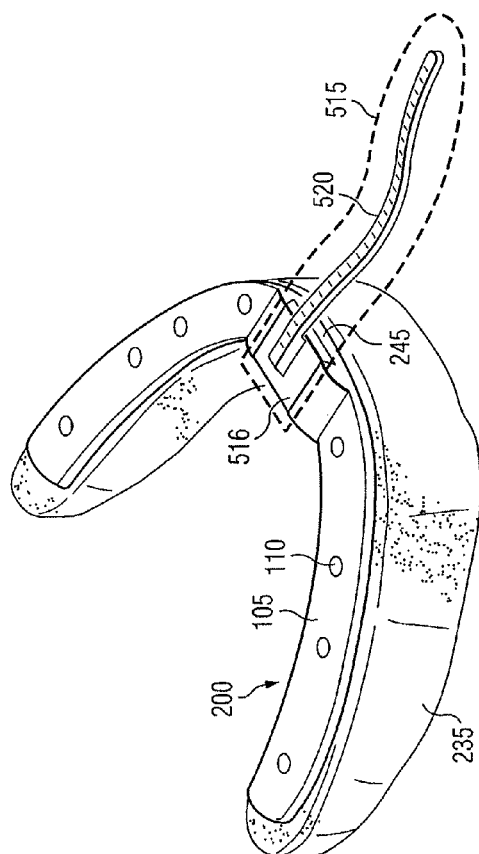


FIG. 30

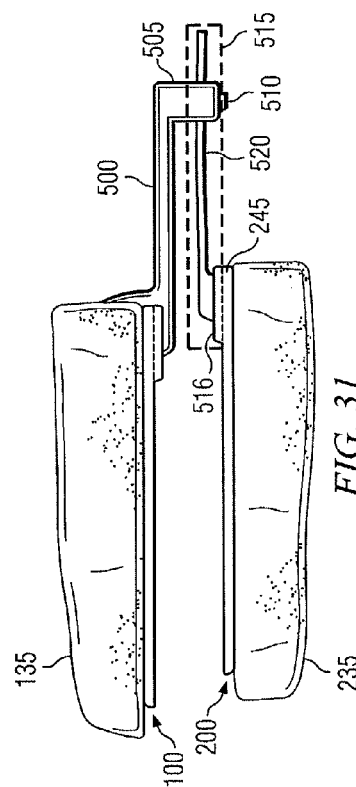


FIG. 31

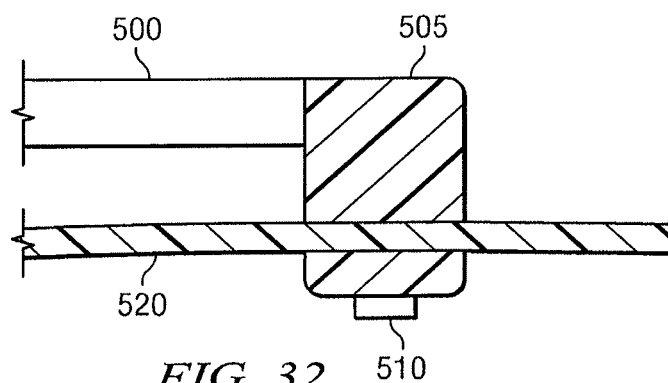


FIG. 32

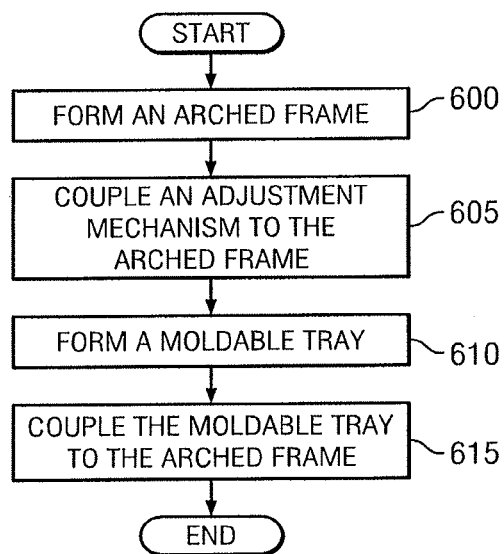
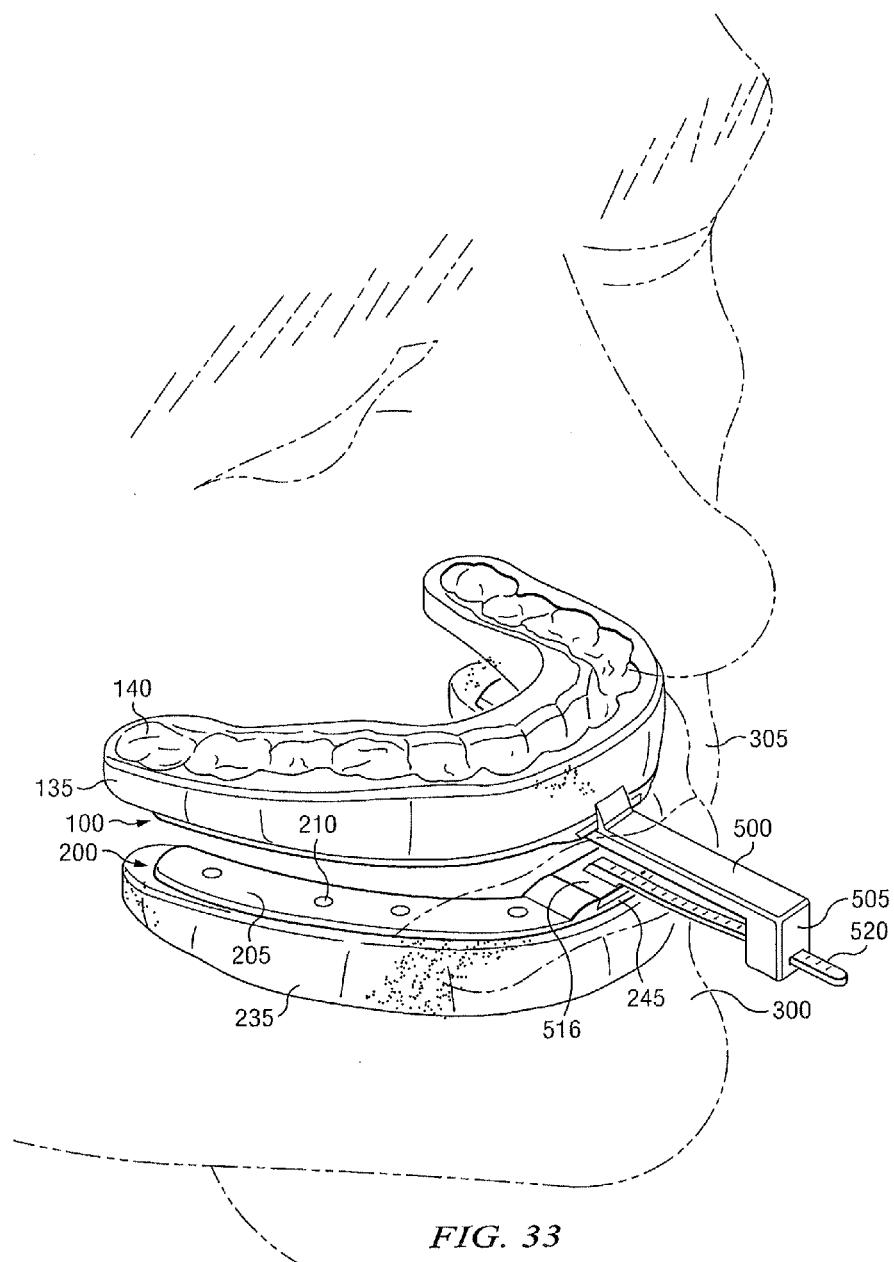


FIG. 34



APPARATUS FOR IMPROVED BREATHING**RELATED APPLICATIONS AND CLAIM TO PRIORITY**

[0001] This application is a continuation-in-part of U.S. Ser. No. 14/009,821, filed Nov. 1, 2013, which is a U.S. National Stage Filing under 35 U.S.C. §371 of International Patent Application Serial No. PCT/US2012/032407, filed Apr. 5, 2012 and entitled “Apparatus for Improved Breathing,” which is a continuation of U.S. application Ser. No. 13/080,167, filed Apr. 5, 2011 and entitled “Universal Oral Appliance with a Universal Coupler,” U.S. application Ser. No. 13/080,050, filed Apr. 5, 2011 and entitled “Custom Dental Appliance and Method of Creating a Custom Dental Appliance,” and U.S. application Ser. No. 13/080,103, filed Apr. 5, 2011 and entitled “Apparatus for Prevention of Snoring and Improved Breathing.” This application claims priority to each of PCT/US2012/032407 and U.S. application Ser. Nos. 14/009,821, 13/080,167, 13/080,050, and 13/080,103.

TECHNICAL FIELD OF THE INVENTION

[0002] This invention relates generally to medical and dental devices; and more particularly to an apparatus for improving a user’s breathing.

BACKGROUND

[0003] Many people experience difficulty in sleeping because of breathing problems. These problems may result in snoring, or the more serious condition of sleep apnea. One treatment for sleep breathing disorders involves the use of dental devices for extending forward the lower jaw of the patient. These devices operate to more fully open the breathing passageway, thereby allowing for easier breathing, whether that breathing be through the nose or through the mouth. Furthermore, many people suffer from degraded teeth or jaw pain arising from bruxing or the grinding of teeth during sleep. One treatment for grinding involves the use of dental devices that put pressure on a patient’s front teeth to relax and unclench the patient’s jaw.

[0004] These dental devices may be created in labs after a dentist sends in a patient’s dental impressions. This procedure can cost the patient substantial time and money because the dentist creates a dental impression and then the lab creates the dental device after the dentist sends in the dental impression. Also, these lab-created dental devices are often designed to target particular problems. For example, a device for treating snoring may not help a patient who grinds his teeth.

[0005] People who suffer from sleep problems may seek help from a sleep laboratory. Doctors at the laboratory may perform tests on patients as they sleep. Doctors may further test the effectiveness of various dental devices on the patients as treatment options. During tests, doctors may need quick access inside a patient’s mouth, and dental devices that hook or attach inside the patient’s mouth may hinder the doctors’ ability to gain quick access inside the mouth. This scenario may also occur during surgery when a patient is unconscious, and a dental device is inserted into the mouth to maintain the patient’s airway.

[0006] Another treatment for sleep breathing disorders involves the use of masks to deliver air to users. These masks may also be used to deliver oxygen or other gases to

a user. One difficulty with these masks is that they often move while the user is sleeping or they are uncomfortable to the user when worn.

SUMMARY OF THE INVENTION

[0007] In accordance with the teachings of the present invention, a dental device is provided which may reduce or eliminate disadvantages and problems associated with prior art devices.

[0008] In one embodiment, a dental device is provided comprising an arched frame and a moldable tray. The arched frame may be configured to be positioned proximate to the occlusal surface of a user’s dental arch such that the arched frame extends beyond the cuspids of the user’s dental arch. The arched frame may define a plurality of apertures and may comprise an adjustment mechanism. The moldable tray may be coupled to the arched frame and may engage the plurality of apertures. The moldable tray may comprise a channel configured to engage at least some of the teeth of the user’s dental arch.

[0009] In a particular embodiment, a dental device is provided comprising an arched frame, a moldable tray, a second arched frame, and a second moldable tray. The arched frame may be configured to be positioned proximate to the occlusal surface of a user’s maxillary arch such that the arched frame extends beyond the cuspids of the user’s maxillary arch. The arched frame may define a plurality of apertures and may comprise an adjustment mechanism. The adjustment mechanism may comprise a hook and a threaded adjuster. The moldable tray may be coupled to the arched frame and may engage the plurality of apertures. The moldable tray may comprise a channel configured to engage at least some of the teeth of the user’s maxillary arch. The second arched frame may be configured to be positioned proximate to the occlusal surface of a user’s mandibular arch such that the second arched frame extends beyond the cuspids of the user’s mandibular arch. The second arched frame may define a second plurality of apertures and may comprise a receiving mechanism coupled to the lingual portion of the lower arched body. The second moldable tray may be coupled to the second arched frame and may engage the plurality of apertures. The second moldable tray may comprise a second channel configured to engage at least some of the teeth of the user’s mandibular arch. The hook may engage the receiving mechanism, and the threaded adjuster may adjust the forward position of the arched frame relative to the second arched frame.

[0010] In another embodiment, a dental device may include an arched frame configured to be positioned proximate to the occlusal surface of a user’s dental arch such that the arched frame extends beyond the cuspids of the user’s dental arch. The arched frame may define a plurality of apertures. The dental device may further include an adjustment mechanism coupled to the arched frame. The dental device may further include a moldable tray coupled to the arched frame. The moldable tray may engage the plurality of apertures and may comprise a channel configured to engage at least some of the teeth of the user’s dental arch.

[0011] In another embodiment, a dental device may include an arched frame configured to be positioned proximate to the occlusal surface of a user’s maxillary arch such that the arched frame extends beyond the cuspids of the user’s maxillary arch. The arched frame may define a plurality of apertures. The dental device may further include

an adjustment mechanism coupled to the arched frame. The adjustment mechanism may comprise a hook and a threaded adjuster. The dental device may further include a moldable tray coupled to the arched frame. The moldable tray may engage the plurality of apertures and may comprise a channel configured to engage at least some of the teeth of the user's maxillary arch. The dental device may further include a second arched frame configured to be positioned proximate to the occlusal surface of a user's mandibular arch such that the arched frame extends beyond the cuspids of the user's mandibular arch. The second arched frame may define a second plurality of apertures. The dental device may further include a receiving mechanism coupled to the lingual portion of the second arched frame and a second moldable tray coupled to the second arched frame. The second moldable tray may engage the second plurality of apertures and may comprise a second channel configured to engage at least some of the teeth of the user's mandibular arch. The hook may engage the receiving mechanism and the threaded adjuster may adjust the forward position of the arched frame relative to the second arched frame.

[0012] In another embodiment, a universal oral appliance is provided comprising an arched frame. The arched frame may be configured to be positioned proximate to the occlusal surface of a user's dental arch such that the arched frame extends beyond the cuspids of the user's dental arch when the universal oral appliance is inserted in the user's mouth. The arched frame may have a midline that aligns substantially with the anterior midline of the user's mouth when the universal oral appliance is inserted in the user's mouth. The arched frame may define a plurality of apertures and may comprise a universal coupler configured to removably engage a dental attachment. The universal coupler may comprise a substantially planar surface proximate to and extending across the midline of the arched frame. The universal coupler may be configured to be positioned proximate to the occlusal surface of a user's incisors when the universal oral appliance is inserted in the user's mouth. The universal coupler may further comprise a first rail coupled to a first end of the substantially planar surface and a second rail coupled to a second end of the substantially planar surface. The first rail, second rail, and substantially planar surface may define a slot.

[0013] In another embodiment, a kit for use in constructing a universal oral appliance is provided. The kit may comprise an arched frame and a plurality of dental attachments. The arched frame may be configured to be positioned proximate to the occlusal surface of a user's dental arch such that the arched frame extends beyond the cuspids of the user's dental arch when the universal oral appliance is inserted in the user's mouth. The arched frame may have a midline that aligns substantially with the anterior midline of the user's mouth when the universal oral appliance is inserted in the user's mouth. The arched frame may define a plurality of apertures and may comprise a universal coupler. The universal coupler may comprise a substantially planar surface proximate to and extending across the midline of the arched frame. The substantially planar surface may be configured to be positioned proximate to the occlusal surface of a user's incisors when the universal oral appliance is inserted in the user's mouth. The universal coupler may further comprise a first rail coupled to a first end of the substantially planar surface and a second rail coupled to a second end of the substantially planar surface. The first rail,

second rail, and substantially planar surface may define a slot. The kit may further comprise a plurality of dental attachments comprising a rounded projection configured to be the point of contact between the user's upper and lower dental arches to prevent the user from clenching his jaw. The plurality of dental attachments may further comprise a hook configured to engage a receiving mechanism such that the forward position of a second arched frame may be adjusted relative to the position of the arched frame.

[0014] In another embodiment, a universal oral appliance is provided comprising an arched frame, a moldable tray, and a plurality of dental attachments. The arched frame may be configured to be positioned proximate to the occlusal surface of a user's dental arch such that the arched frame extends beyond the cuspids of the user's dental arch when the universal oral appliance is inserted in the user's mouth. The arched frame may have a midline that aligns substantially with the anterior midline of the user's mouth when the universal oral appliance is inserted in the user's mouth. The arched frame may define a plurality of apertures and may comprise a universal coupler. The universal coupler may comprise a substantially planar surface proximate to and extending across the midline of the arched frame. The substantially planar surface may be configured to be positioned proximate to the occlusal surface of a user's incisors when the universal oral appliance is inserted in the user's mouth. The universal coupler may further comprise a first rail coupled to a first end of the substantially planar surface and a second rail coupled to a second end of the substantially planar surface. The first rail, second rail, and substantially planar surface may define a slot. The moldable tray may be coupled to the arched frame and may comprise a channel configured to engage at least some of the teeth of the user's dental arch. The dental attachment may include a substantially rounded projection configured to be the point of contact between the user's upper and lower dental arches to prevent the user from clenching his jaw. The dental attachment may be an adjustable hook configured to engage the receiving mechanism such that the forward position of the arched frame is adjustable relative to the position of a second arched frame. The dental attachment may be a handle.

[0015] In another embodiment, a dental device is provided comprising an arch, a dental attachment with an anchoring element, a second arch with a second anchoring element, and a tension element. The arch may be configured to engage at least some of the teeth of a user's dental arch and may have a midline that aligns substantially with the anterior midline of the user's mouth when the arch is inserted in the user's mouth. The dental attachment may be configured to engage the arch along the midline of the arch. The dental attachment may comprise an anchoring element configured to be outside the user's mouth when the arch is inserted in the user's mouth. The second arch may be configured to engage at least some of the teeth of a user's second dental arch. The second arch may have a midline that aligns substantially with the anterior midline of the user's mouth when the second arch is inserted in the user's mouth. The second anchoring element may be coupled to the second arch along the midline of the second arch. The tension element may be configured to engage the second anchoring element. The tension element may be further configured to couple to the anchoring element outside the user's mouth when the arch is inserted in the user's mouth.

[0016] In another embodiment, a kit for constructing a dental device is provided. The kit may comprise an arch, a dental attachment with an anchoring element, a second arch with a second anchoring element, and a tension element. The arch may be configured to engage at least some of the teeth of a user's dental arch and may have a midline that aligns substantially with the anterior midline of the user's mouth when the arch is inserted in the user's mouth. The dental attachment may be configured to engage the arch along the midline of the arch. The dental attachment may comprise an anchoring element configured to be outside the user's mouth when the arch is inserted in the user's mouth. The second arch may be configured to engage at least some of the teeth of a user's second dental arch. The second arch may have a midline that aligns substantially with the anterior midline of the user's mouth when the second arch is inserted in the user's mouth. The second anchoring element may be coupled to the second arch along the midline of the second arch. The tension element may be configured to engage the second anchoring element. The tension element may be further configured to couple to the anchoring element outside the user's mouth when the second arch is inserted in the user's mouth.

[0017] In another embodiment, a dental device is provided comprising an arched frame, a moldable tray, a dental attachment with an anchoring element, a second arched frame with a second anchoring element, a second moldable tray, and a tension element. The arched frame may be configured to be positioned proximate to the occlusal surface of a user's maxillary arch such that the arched frame extends beyond the cuspids of the user's maxillary arch. The arched frame may define a plurality of apertures. The moldable tray may be coupled to the arched frame and may engage the plurality of apertures. The moldable tray may comprise a channel configured to engage at least some of the teeth of the user's maxillary arch. The dental attachment may be configured to removably engage the arch along the midline of the arch. The dental attachment may comprise an anchoring element configured to be outside the user's mouth when the arch is inserted in the user's mouth. The second arched frame may be configured to be positioned proximate to the occlusal surface of a user's mandibular arch such that the second arched frame extends beyond the cuspids of the user's mandibular arch. The second arched frame may define a second plurality of apertures. The second moldable tray may be coupled to the second arched frame and may engage the second plurality of apertures. The second moldable tray may comprise a channel configured to engage at least some of the teeth of the user's mandibular arch. The second anchoring element may be coupled to the second arch along the midline of the second arch. The tension element may be configured to removably engage the second anchoring element. The tension element may be configured to couple to the anchoring element outside the user's mouth when the second arch is inserted in the user's mouth. The dental attachment may comprise a post and a buckle coupled to a first end of the post. A second end of the post may engage the arch. The tension element may comprise a coupler and a strap coupled to the coupler. The coupler may engage the second anchoring element. A length of the strap may be configured to engage the buckle. The buckle may be configured to substantially secure the length of the strap engaging it. By increasing the length of the strap engaging the

buckle, the forward position of the arched frame relative to the second arched frame may be adjusted.

[0018] In another embodiment, a coupler includes a support structure, at least one flange, and an elongated fastener. The support structure includes a first channel and a slot passing through the first channel and being substantially orthogonal to the first channel. The flange is partially within the first channel and the flange has a slot disposed through the flange. The elongated fastener is disposed within the slot of the support structure and passes through the slot of the flange to engage the flange, such that the flange is adjustably positioned within the first channel. The coupler is attached to an oral appliance having an occlusal surface and to a mask configured to deliver gas to a user, such that the orientation of the mask to the oral appliance is adjustable by rotating the flange about the fastener and adjustable in a direction substantially orthogonal to the occlusal surface of the oral appliance.

[0019] In another embodiment, an apparatus for use in forming a dental device includes a substantially rigid arched frame configured to be positioned proximate to the occlusal surface of a user's dental arch, such that the arched frame extends beyond the cuspids of the user's dental arch. The arched frame includes a first occlusal surface, a second occlusal surface, and a flange. The first occlusal surface is configured to be positioned proximate to the occlusal surface of the user's left molars. The second occlusal surface is configured to be positioned proximate to the occlusal surface of the user's right molars. The second occlusal surface is separated from the first occlusal surface. The flange connects the first and second occlusal surfaces, the flange extends in a direction substantially orthogonal to the first and second occlusal surfaces, and the flange is configured to be positioned labial to the user's dental arch. In another embodiment, a dental device includes a substantially rigid arched frame and a thermoplastic material. The substantially rigid arched frame is configured to be positioned proximate to the occlusal surface of a user's dental arch, such that the arched frame extends beyond the cuspids of the user's dental arch. The arched frame includes an occlusal surface configured to be positioned proximate to the occlusal surface of the user's dentition. The thermoplastic material encloses at least a portion of the arched frame, such that occlusal surface of the arched frame is substantially enclosed by the thermoplastic material.

[0020] In another embodiment, an improved breathing device includes a mask, an oral appliance, and a tension element. The mask includes an opening configured to be positioned in front of the user's mouth when the mask is positioned on the user's face. The mask further includes a coupling element proximate to the opening. The oral appliance includes a maxillary arch with an anchor point proximate to the midline of the maxillary arch. The tension element is configured to couple to the dental device at the anchor point and to couple to the mask at the coupling element. In certain embodiments, the tension element may be adjusted to pull the mask towards the oral appliance. In a particular embodiment, the coupling element is a strap that extends across a portion of the opening and includes one or more apertures through which the tension element may extend, the tension element includes a hook and a threaded knob, and the anchor point includes a loop, such that the mask is pulled toward the oral appliance as the threaded

knob is turned while hook is coupled to the loop and extends through an aperture in the strap.

[0021] In another embodiment, a dental device includes a first arch, a first coupler, a second arch, a second coupler, and a flexible tension element. The first arch engages at least some of the teeth of a user's dental arch. The first arch has a midline that aligns substantially with the anterior midline of the user's mouth when the first arch is inserted in the user's mouth. The first coupler couples to the first arch along the midline of the arch. The first coupler is inside the user's mouth when the first arch is inserted in the user's mouth. The second arch engages at least some of the teeth of the user's second dental arch. The second arch has a midline that aligns substantially with the anterior midline of the user's mouth when the second arch is inserted in the user's mouth. The second coupler couples to the second arch along the midline of the second arch. The second coupler extends anterior to the user's second dental arch when the second arch is inserted in the user's mouth. The flexible tension element removably engages the second coupler and the first coupler. The tension element maintains a forward position of the first arch relative to the second arch. In another embodiment, a dental device includes a first arch, a first coupler, a second arch, a second coupler, and a first tension element. The first arch engages at least some of the teeth of a user's dental arch and has a midline that aligns substantially with the anterior midline of the user's mouth when the first arch is inserted in the user's mouth. The first coupler couples to the first arch along the midline of the arch. The second arch engages at least some of the teeth of the user's second dental arch and has a midline that aligns substantially with the anterior midline of the user's mouth when the second arch is inserted in the user's mouth. The second coupler couples to the second arch. The first tension element removably engages the second coupler and the first coupler. The first tension element maintains a forward position of the first arch relative to the second arch.

[0022] Previous dental devices may be constructed in labs independent of a dentist's office. Labs could not construct custom dental devices for particular patients without first having the patients' dental impressions. Labs may also charge patients an extra fee for constructing the dental devices. In particular embodiments, the dental device may be constructed at the dentist's office without sending dental impressions to a lab, thus saving patients time and money. Furthermore, previous dental devices may be created to treat only one disorder (such as, for example, snoring or jaw-clenching). In particular embodiments, the dental device may be customized to treat multiple dental problems. As an example, and not by way of limitation, the dental device may comprise a universal coupler configured to engage various dental attachments. Each dental attachment may be designed to treat a different disorder. Additionally, previous dental devices may limit the lower jaw's range of motion when the dental devices were inserted in the user's mouth. Previous dental devices may also limit a third party's access to the user's mouth when the dental device is in the user's mouth. In particular embodiments, the dental device may comprise a tension element engaging an anchoring element outside the user's mouth. The tension element and anchoring element may pull the user's lower jaw forward without locking the user's lower jaw in place. Furthermore, a third party may pull on the tension element to open the user's airway, or a third party may release the tension element from the anchor-

ing element to quickly gain access to a user's mouth. Certain embodiments may provide all, some, or none of these advantages. Certain embodiments may provide one or more other advantages, one or more of which may be apparent to those skilled in the art from the figures, descriptions, and claims included herein.

BRIEF DESCRIPTION OF THE DRAWINGS

[0023] FIG. 1 illustrates an example arched frame.
[0024] FIG. 2A illustrates an example arched frame comprising an adjustment mechanism.
[0025] FIG. 2B illustrates an example arched frame comprising a receiving mechanism.
[0026] FIG. 2C illustrates an example arched frame comprising a receiving mechanism.
[0027] FIG. 3A illustrates an example arched frame comprising an adjustment mechanism, and an example moldable tray.
[0028] FIG. 3B illustrates an example arched frame comprising a receiving mechanism, and an example moldable tray.
[0029] FIG. 3C illustrates an example arched frame comprising an adjustment mechanism, and an example moldable tray.
[0030] FIG. 3D illustrates an example arched frame comprising a receiving mechanism, and an example moldable tray.
[0031] FIG. 4 illustrates an example dental device in a user's mouth.
[0032] FIG. 5A illustrates an example universal oral appliance comprising a universal coupler.
[0033] FIG. 5B illustrates an example universal oral appliance comprising a universal coupler.
[0034] FIG. 5C illustrates an example universal oral appliance comprising a universal coupler.
[0035] FIG. 5D illustrates an example universal oral appliance comprising a universal coupler comprising a guided channel.
[0036] FIG. 5E illustrates an example universal oral appliance comprising a universal coupler comprising a raised surface.
[0037] FIG. 6 illustrates an example universal oral appliance comprising a universal coupler, and an example plurality of dental attachments.
[0038] FIG. 7 illustrates an example dental device in a user's mouth.
[0039] FIGS. 8A through 8E illustrate an example arched frame.
[0040] FIGS. 9A through 9D illustrate an example moldable tray.
[0041] FIGS. 10A through 10C illustrate an example arched frame disposed within an example moldable tray.
[0042] FIGS. 10D through 10H illustrate an example dental device.
[0043] FIGS. 11A and 11B illustrate an example moldable tray and an example post.
[0044] FIG. 12 illustrates example moldable trays, an example post, and an example mask.
[0045] FIG. 13 illustrates example moldable trays, an example post, and an example mask.
[0046] FIG. 14A illustrates an example post.
[0047] FIG. 14B illustrates an example arched frame and tension element.
[0048] FIGS. 15A and 15B illustrate example flanges.

[0049] FIGS. 16A and 16B illustrate an example post.
 [0050] FIGS. 17A through 17F illustrate example flanges engaged with an example post.
 [0051] FIG. 18 illustrates an example post.
 [0052] FIGS. 19A and 19B illustrate an example mask.
 [0053] FIG. 20 illustrates an example mask, post, and oral appliance.
 [0054] FIG. 21A illustrates an example mask and post.
 [0055] FIG. 21B illustrates an example mask, post, and oral appliance.
 [0056] FIG. 22A illustrates an example mask including a strap.
 [0057] FIG. 22B illustrates an example tension element, oral appliance, and mask.
 [0058] FIGS. 23A and 23B illustrate an example mask comprising a strap.
 [0059] FIG. 24 illustrates an example tension element, oral appliance, and mask.
 [0060] FIGS. 25A and 25B illustrate an example mask and adapter.
 [0061] FIGS. 26A and 26B illustrate an example adapter.
 [0062] FIG. 27 illustrates an example dental device comprising a universal coupler and an example dental attachment.
 [0063] FIG. 28 illustrates an example dental device comprising a universal coupler and an example dental attachment.
 [0064] FIG. 29 illustrates an example arch comprising a dental attachment.
 [0065] FIG. 30 illustrates an example arch comprising a tension element.
 [0066] FIG. 31 illustrates an example dental device comprising a dental attachment and a tension element.
 [0067] FIG. 32 illustrates an example dental attachment and tension element.
 [0068] FIG. 33 illustrates an example dental device in a user's mouth.
 [0069] FIG. 34 illustrates an example process for creating a dental device.

DETAILED DESCRIPTION OF THE INVENTION

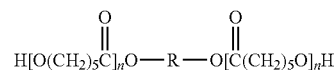
[0070] FIG. 1 illustrates an example arched frame 100. Arched frame 100 may comprise an arched body 105 that defines a plurality of apertures 110 through arched frame 100. In particular embodiments, arched frame 100 may be configured to be positioned proximate to the occlusal surface of a user's dental arch. In some embodiments, arched frame 100 may extend beyond the cuspids of the user's dental arch when arched frame 100 is inserted in the user's mouth. In some embodiments, arched frame 100 may have a consistent thickness between 1.5 and 2 millimeters. FIG. 2A illustrates an example arched frame comprising an adjustment mechanism. As shown in FIG. 2A, an arched frame 100 is provided comprising an arched body 105 defining a plurality of apertures 110 and an adjustment mechanism 115. In particular embodiments, arched body 105 may define a plurality of grooves, or a slot. Adjustment mechanism 115 may be coupled to arched body 105 along the midline of arched frame 100. In certain embodiments, Adjustment mechanism 115 may comprise a hook 120 and a threaded adjuster 125. FIGS. 2B and 2C illustrate arched frames each comprising a receiving mechanism. As shown in FIGS. 2B and 2C, an arched frame 100 is provided comprising an arched body

105 defining a plurality of apertures 110 and a receiving mechanism 130. In particular embodiments, receiving mechanism 130 may be a bar spanning a portion of the arch of arched body 105. In other embodiments, receiving mechanism 130 may be a surface coupled to the lingual portion of arched frame 100. In some embodiments, the surface may be rounded.

[0071] In particular embodiments, arched frame 100 may be formed from any material suitable for dental uses, for example, a hard plastic. Arched frame 100 may be formed from methyl methacrylate or a polycarbonate resin thermoplastic such as that sold under the Registered Trademark Lexan. Such materials are known to those familiar with dental devices, and other suitable materials may be used to form arched frame 100 without departing from the intended scope of the present invention.

[0072] FIGS. 3A and 3C illustrate example arched frames each comprising an adjustment mechanism and example moldable trays. As shown in FIGS. 3A and 3C, an arched frame 100 and a moldable tray 135 are provided. Arched frame 100 may comprise an arched body 105 defining a plurality of apertures 110 and an adjustment mechanism 115. Moldable tray 135 may be coupled to arched frame 100 and may engage the plurality of apertures 110. In particular embodiments, moldable tray 135 may form through plurality of apertures 110 to couple to two sides of arched body 105. In some embodiments, moldable tray 135 may form into a plurality of grooves defined by arched body 105. In some embodiments, moldable tray 135 may be secured to arched frame 100 by forming through a slot defined by arched body 105. Moldable tray 135 may further comprise a channel 140 that is configured to engage at least some of a user's dental arch. In particular embodiments, channel 140 may engage the incisors and cuspids of the user's dental arch. In some embodiments, channel 140 may engage the incisors, cuspids, and some of the molars of the user's dental arch. In some embodiments, channel 140 may engage the incisors, cuspids, and all the molars of the user's dental arch. In particular embodiments, channel 140 may be shaped to conform to a generic user's teeth. In other embodiments, channel 140 may be a smooth channel that covers a user's teeth. In particular embodiments, channel 140 may be further shaped to conform to a particular user's teeth.

[0073] In particular embodiments, moldable tray 135 may comprise a polycaprolactone polymer or other aliphatic polyester. One or more of the polycaprolactone polymers may have the formula:



where R is an aliphatic hydrocarbon and n may range from approximately 300 to approximately 650. Certain embodiments may utilize polycaprolactone polymers using other suitable formulas. One particular embodiment may utilize Nylon.

[0074] Moldable tray 135 may include any suitable polycaprolactone polymer or other aliphatic polyester, for example, and not by way of limitation, the TONE P 700, TONE P 767, or TONE P 787 polycaprolactone polymers manufactured by Union Carbide Corporation, taken singly or in any combination. A suitable light cured material,

another polymer, or any other suitable material, such as a filler, coloring agent, stabilizer, antioxidant, or antimicrobial agent, may be used to replace or combine with one or more of the polycaprolactone polymers in forming a deformable material **20** having any number of characteristics, properties, or uses.

[0075] The TONE polycaprolactone polymers are described in U.S. Pat. Nos. 5,112,225 and 4,784,123, and in literature distributed by Union Carbide Corporation, as homopolymers, block copolymers, graft copolymers, or other polymers that contain epsilon caprolactone. Polymerization may be initiated using one or more diols, for example, and not by way of limitation, ethylene glycol; diethylene glycol; neopentyl glycol; butane diol; hexane diol; or any other suitable diol.

[0076] In particular embodiments, moldable tray **135** may be custom molded to a user's teeth. For example, moldable tray **135** may comprise a material that is moldable when heated. Once heated, the material may be pressed around a user's dental arch to form a moldable tray **135** that conforms to the user's teeth. In particular embodiments, moldable tray **135** may be used with arched frame **100** to form a custom dental device. For example, arched frame **100** may comprise a hard plastic material. When moldable tray **135** is forming around a user's teeth, arched frame **100** may be pressed against moldable tray **135**, so that mold tray **135** forms through plurality of apertures **110** defined by arched body **105**. As moldable tray **135** cools and hardens, moldable tray **135** may couple to arched frame **100** through plurality of apertures **110**. In some embodiments, moldable tray **135** may couple to arched frame **100** through a slot or by forming into a plurality of grooves. In particular embodiments, arched frame **100** may provide structural support for moldable tray **135** as moldable tray **135** engages the user's teeth. For example, as moldable tray **135** engages the user's teeth, arched frame **100** may prevent moldable tray **135** from deforming or shifting under the stresses caused by movement of the user's mouth.

[0077] In particular embodiments, a custom dental device may comprise arched frame **100** and moldable tray **135**. A dentist may be able to construct the custom dental device for a patient without having to send the patient's dental impressions to a lab. The dentist may heat moldable tray **135** and press moldable tray **135** around the user's teeth. The dentist may then press arched frame **100** against moldable tray **135** to construct the custom dental device. As a result, the patient may not have to wait for the lab to create the dental device, nor does the patient have to pay an extra fee charged by the lab.

[0078] FIGS. 3B and 3D illustrate example arched frames each comprising a receiving mechanism, and example moldable trays. As shown in FIGS. 3B and 3D, an arched frame **100** and a moldable tray **135** are provided. Arched frame **100** may comprise an arched body **105** defining a plurality of apertures **110** and a receiving mechanism **130**. Receiving mechanism **130** may be coupled to arched body **105**. In particular embodiments, receiving mechanism **130** may be a bar that spans a portion of the arch of arched body **105**. Moldable tray **135** may comprise a channel **140** that is configured to engage at least some of the teeth of a user's dental arch.

[0079] FIG. 4 illustrates an example dental device in a user's mouth. As shown in FIG. 4, a dental device is provided that comprises an arched frame **100**, a moldable

tray **135**, a second arched frame **200**, and a second moldable tray **235**. Arched frame **100** may comprise an adjustment mechanism **115** that comprises a hook **120** and a threaded adjuster **125**. Moldable tray **135** may be coupled to arched frame **100**. Moldable tray **100** may comprise a channel **140**. In some embodiments, channel **140** may be shaped to conform to a generic user's maxillary arch **305**. In other embodiments, channel **140** may be a smooth channel that covers some of teeth of a user's maxillary arch **305**. In particular embodiments, channel **140** may be further shaped to conform to a particular user's maxillary arch **305**. Second arched frame **200** may comprise a second arched body **205** defining a second plurality of apertures **210**. Second arched frame **200** may further comprise a receiving mechanism **130** coupled to the lingual portion of second arched body **205**. In some embodiments, receiving mechanism **130** may be a bar that spans a portion of the arch of second arched body **205**. Second moldable tray **235** may be coupled to second arched frame **200** and may engage second plurality of apertures **210**. Second moldable tray **235** may be configured to engage some of the teeth of the user's mandibular arch **300**. In particular embodiments, hook **120** may engage receiving mechanism **130**. Threaded adjuster **125** may be used to adjust the forward position of arched frame **100** relative to second arched frame **200**. The relative positions of the two arched frames **100** and **200** may adjust the position of the user's maxillary arch **305** relative to the user's mandibular arch **300**. In some embodiments, the relative position of the user's maxillary and mandibular arches may help to improve a user's breathing and/or prevent the user from snoring while sleeping.

[0080] FIGS. 5A and 5B each illustrate an example universal oral appliance comprising a universal coupler. As shown in FIGS. 5A and 5B, a universal oral appliance is provided comprising an arched frame **100** and a moldable tray **135** coupled to arched frame **100**. Arched frame **100** may comprise an arched body **105** defining a plurality of apertures **110**. In particular embodiments, arched frame **100** may be configured to be positioned proximate to the occlusal surface of a user's dental arch such that arched frame **100** extends beyond the cuspids of the user's dental arch when arched frame **100** is inserted in the user's mouth. Arched frame **100** may have a midline that aligns substantially with the anterior midline of the user's mouth when arched frame **100** is inserted in the user's mouth. Arched frame **100** may further comprise a universal coupler. In particular embodiments, the universal coupler may comprise a substantially planar surface **145**, a first rail **146**, and a second rail **147**. Substantially planar surface **145** may be proximate to and extend across the midline of arched frame **100**. In particular embodiments, substantially planar surface **145** may be configured to be positioned proximate to the occlusal surface of a user's incisors when the universal oral appliance is inserted in the user's mouth. First rail **146** may be coupled to a first end of substantially planar surface **145**. In particular embodiments, first rail **146** may be distal to the midline of arched frame **100**. In other embodiments, first rail **146** may be anterior to arched frame **100**. Second rail **147** may be coupled to a second end of substantially planar surface **145**. In particular embodiments, second rail **147** may be distal to the midline of arched frame **100**. In other embodiments, second rail **147** may be posterior to arched frame **100**. First rail **146** and second rail **147** may form an acute angle with substantially planar surface **145**. In particular embodiments,

first rail 146, second rail 147, and substantially planar surface 145 may define a slot. In particular embodiments, a dental attachment may slide into the slot and engage arched frame 100. In some embodiments, the universal coupler may comprise a locking mechanism (such as, for example, a screw, a tab, or a groove). The screw may secure a dental attachment to the universal coupler by screwing through the dental attachment and into the universal coupler. The tab may secure the dental attachment by engaging the exterior of the dental attachment or by engaging a slot in the dental attachment. The groove may secure the dental attachment by frictionally engaging the dental attachment. In particular embodiments, the universal coupler may further comprise a stop 148 coupled to substantially planar surface 145. Stop 148 may be coupled to the labial or lingual ends of substantially planar surface 145. Alternatively, stop 148 may be coupled to a distal end of substantially planar surface 145. Although this disclosure describes a universal oral appliance comprising arched frame 100, moldable tray 135, and a universal coupler coupled to arched frame 100, this disclosure contemplates a one-piece universal oral appliance and a universal coupler coupled to the universal oral appliance.

[0081] FIG. 5C illustrates an example universal oral appliance comprising a universal coupler. As shown in FIG. 5C, a universal oral appliance is provided comprising an arched frame 100 and a moldable tray 135 coupled to arched frame 100. Arched frame 100 may comprise a universal coupler comprising a substantially planar surface 145, a first rail 146, a second rail 147, and a stop 148. In particular embodiments, each rail 146 and 147 may comprise a first segment 149 and a second segment 150. First segment 149 may be coupled at a first end to substantially planar surface 145, and second segment 150 may be coupled to a second end of first segment 149. In particular embodiments, first segment 149 and second segment 150 may be substantially perpendicular to each other.

[0082] FIG. 5D illustrates an example universal oral appliance comprising a universal coupler comprising a guided channel. As shown in FIG. 5D, a universal oral appliance is provided comprising an arched frame 100 and a moldable tray 135. Arched frame 100 may comprise a universal coupler comprising a substantially planar surface 145, a first rail 146, a second rail 147, and a stop 148. First rail 146, second rail 147, and substantially planar surface 145 may define a slot. In particular embodiments, the universal coupler may further comprise a guided channel 151. Guided channel 151 may be configured to guide a dental attachment through the slot.

[0083] FIG. 5E illustrates an example universal oral appliance comprising a universal coupler comprising a raised surface 152. As shown in FIG. 5E, a universal oral appliance is provided comprising an arched frame 100 and a moldable tray 135. Arched frame 100 may comprise a universal coupler comprising a substantially planar surface 145, a first rail 146, a second rail 147, and a stop 148. First rail 146, second rail 147, and substantially planar surface 145 may define a slot. In particular embodiments, the universal coupler may further comprise a raised surface 152. Raised surface 152 may be configured to guide a dental attachment through the slot. In particular embodiments, raised surface 152 may be further configured to secure or lock the dental attachment.

[0084] FIG. 6 illustrates an example universal oral appliance comprising a universal coupler, and an example plu-

rality of dental attachments 400. As shown in FIG. 6, an example universal oral appliance is provided that comprises an arched frame 100 and a moldable tray 135. Arched frame 100 comprises an arched body 105 that defines a plurality of apertures 110. Arched frame 100 further comprises a universal coupler. The universal coupler may comprise a substantially planar surface 145, a first rail 146, a second rail 147, and a stop 148. In particular embodiments, first rail 146, second rail 147, and substantially planar surface 145 may define a slot. FIG. 6 also illustrates a plurality of dental attachments 400. In particular embodiments, the plurality of dental attachments 400 may comprise dental attachments configured to treat different disorders. For example, the plurality of dental attachments 400 may include a hook 405, a substantially rounded projection 415, and an adjustable hook 420. Other attachments may include a handle or any other appropriate attachment configured for use with an oral appliance. A user or a medical professional may choose which dental attachment to use without having to hire a lab to construct a new oral appliance. In some embodiments, dental attachments 400 may be configured to engage the slot.

[0085] FIG. 7 illustrates an example dental device in a user's mouth. As shown in FIG. 7, a dental device is provided that comprises an arched frame 100, a moldable tray 135 coupled to arched frame 100, a second arched frame 200, and a second moldable tray 235 coupled to arched frame 200. Arched frame 100 may comprise a universal coupler. The universal coupler may comprise a stop 148. Moldable tray 135 may comprise a channel 140 that is configured to engage at least some of the teeth of the user's maxillary arch 305. Second arched frame 200 may comprise a second arched body 205 that defines a second plurality of apertures 210. Second arched frame 200 may further comprise a receiving mechanism 130 that spans the lingual portion of second arched frame 200. In particular embodiments, receiving mechanism 130 may be a bar. Second moldable tray 235 may engage second plurality of apertures 210. The dental device further comprises a dental attachment that is configured to engage the universal coupler. In some embodiments, the dental attachment may be an adjustable hook 420 that comprises a hook 120 and a threaded adjuster 125. Hook 120 may engage receiving mechanism 130. Threaded adjuster 125 may be used to adjust the forward position of second arched frame 200 relative to arched frame 100. This adjustment may adjust the forward position of the user's mandibular arch 300 relative to the position of the user's maxillary arch 305. In some embodiments, this adjustment may help to prevent the user from snoring while sleeping.

[0086] FIG. 8A illustrates an example arched frame 700. Arched frame 700 may include an occlusal surface 702 and a flange 706. In particular embodiments arched frame 700 may be configured to be positioned proximate to a user's dental arch, with occlusal surface 702 positioned proximate to the occlusal surface of the user's dental arch. In certain embodiments, occlusal surface 702 may be contiguous throughout the length of arched frame 700. In alternative embodiments, as shown in FIG. 8A, occlusal surface 702 may not be contiguous throughout the length of arched frame 700. For example, occlusal surface 702 may have a first portion configured to be positioned proximate to the user's left bicuspid and first molar; and have a second portion configured to be positioned proximate to the user's right bicuspid and first molar. As shown in FIG. 8A, in

certain embodiments, occlusal surface 702 may not extend to the area proximate to the user's incisors. Certain embodiments in which the occlusal surface 702 is not contiguous throughout the length of arched frame 700 may allow for improved flexibility of arched frame 700. In certain embodiments, arched frame 700 may be capable of flexing inward and/or outward, allowing arched frame 700 to conform to a wider variety of dental arch shapes and sizes. Such embodiments may also improve the ability of arched frame 700 to accommodate the overlap of the user's maxillary and mandibular incisors, allowing the user's jaw to close more fully. In certain embodiments, occlusal surface 702 may have a thickness of approximately 1.5 millimeters, although other thicknesses may be used.

[0087] Flange 706 may run along the labial edge of arched frame 700. In certain embodiments, flange 706 may be contiguous throughout the length of arched frame 700. In alternative embodiments, as shown in FIG. 8A, flange 706 may not be contiguous throughout the length of the arched frame. For example, flange 706 may include a distal flange portion 708 and a mesial flange portion 710, separated by a flange recess 712. In certain embodiments, because flange 706 is positioned proximate to the labial surface of the user's dental arch, it may be pushed outward by the labial surface of the user's dental arch when arched frame 700 is inserted into the user's mouth during the molding process, allowing arched frame 700 to automatically flex and align with the user's dental arch, which may improve the ability of arched frame 700 to accommodate different dental arch sizes and shapes. In certain embodiments, flange recesses 712 may allow for improved flexibility of arched frame 700. In addition, when arched frame 700 is used with deformable material, flange recesses 712 may allow the deformable material to form an improved mold of the user's teeth. In some embodiments, flange recess 712 may improve the user's ability to press moldable material against their teeth during the molding process, which allow for improved dental molds. In certain embodiments, mesial flange portion 710 may allow for an improved mold when arched frame 700 is pressed toward the user's teeth during fitting. As shown in FIG. 8A, in certain embodiments mesial flange portion 710 may have a thickness greater than that of distal flange portion 708. For example, mesial flange portion 710 may have a thickness of approximately 3 millimeters and distal flange portion 708 may have a thickness of approximately 1.5 millimeters, although other thicknesses may be used. In such embodiments, the greater thickness of mesial flange portion 710 may improve the stability of arched frame 700 during flexion and may provide a more secure anchor point for other attached structures, such as anterior structure 716 shown in FIG. 8B.

[0088] FIG. 8B illustrates another example arched frame 700 having occlusal surface 702, flange 706, and an anterior structure 716. As shown in FIG. 8B, in certain embodiments occlusal surface 702 may include an occlusal surface recess 704. When arched frame 700 is used with deformable material, occlusal surface recess 704 may allow the deformable material to form a closer mold of the user's teeth. As shown in FIG. 8B, certain embodiments may include anterior structure 716 which extends forward from mesial flange portion 710 in an anterior direction. In certain embodiments, anterior structure 716 may be fixed to arched frame 700, while in other embodiments anterior structure 716 may removably coupled to arched frame 700. FIGS. 8C and 8D

illustrate side views of example arched frames 700 having occlusal surface 702 and flange 706 with distal flange portion 708, flange recess 712, and anterior structure 710.

[0089] FIG. 8E illustrates an isometric view of an example arched frame 700. As shown in FIG. 8E, arched frame 700 may include anterior structure 710, occlusal surface 702 that is not contiguous throughout the length of arched frame 700, and flange 706 that includes a distal flange portion 708, a flange recess 712, a mesial flange portion 710, and a mesial flange recess 714. As shown in FIG. 8E, flange 706 may include mesial flange recess 714 located approximately at the midline of the arched frame. In such embodiments, mesial flange recess 714 may allow for improved conformity with the shape of the user's mouth. In certain embodiments, the distal ends of arched frame 700 may extend approximately to the user's first molar when the frame is inserted into the user's mouth. In alternative embodiments, arched frame 700 may extend to the user's second molar or to the user's third molar.

[0090] FIGS. 9A through 9D illustrate example moldable trays 730. As shown in FIG. 9A, moldable tray 730 may include an occlusal surface 732, an outer rim 734, an inner rim 736, and recesses 738. Occlusal surface 732 may be configured to be placed proximate to the occlusal surface of a user's dental arch. Outer rim 734 may be configured to be positioned proximate to the labial surface of a user's dental arch. In certain embodiments, inner rim 736 may be configured to be positioned proximate to the lingual surface of a user's dental arch. In certain embodiments, inner rim 736 may lie mostly flat relative to the plane of occlusal surface 732 or may angle upward slightly. Such embodiments may make moldable tray 730 easier to slide into the user's mouth. In certain embodiments, inner rim 736 may be capable of being pushed upward or downward to engage with the lingual surface of the user's dental arch during the molding process.

[0091] As shown in FIG. 9A, in certain embodiments outer rim 734 may have a thickness greater than that of inner rim 736. For example, in certain embodiments, outer rim 734 may have a thickness of approximately 3 millimeters, while inner rim 736 may have a thickness of approximately 2 millimeters, although these dimensions are not required. Reduced thickness of inner rim 736 may allow moldable tray 730 to take up less space in the inner mouth area behind the teeth, which may allow the user to breath, swallow, and speak more easily and experience greater comfort. Reduced thickness of inner rim 736 may also help obviate any need to offer multiple sizes of moldable tray 730 and arched frame 700. In certain embodiments, reduced thickness of inner rim 736 may allow other medical and/or dental devices to be more easily inserted into the user's mouth. In certain embodiments, as shown in FIG. 9D, inner rim 736 may be shorter than outer rim 734. A shorter inner rim 736 may allow for easier insertion of moldable tray 730 into the user's mouth. A shorter inner rim 736 may also reduce the amount of moldable material in the inner mouth area, which may provide additional advantages as described above. In certain embodiments, distal portions of moldable tray 730 may have a reduced height, which may improve the fit of moldable tray 730 in the user's mouth.

[0092] As shown in FIG. 9A, in certain embodiments occlusal surface 732 may have one or more recesses 738, which may result from clamping or otherwise holding in place arched frame 700 during an overmolding process. In

certain embodiments, arched frame 700 illustrated in FIGS. 8A through 8E may have a corresponding recess, which may allow for improved clamping and alignment during the manufacturing process.

[0093] FIG. 9B shows another example moldable tray 730 having occlusal surface 732, outer rim 734, and inner rim 736. As shown in FIG. 9B, in certain embodiments moldable tray 730 may further include an anterior structure 740. It should be appreciated that in certain embodiments the optional anterior structure 740 may be fixed to moldable tray 730 or it may be removeably coupled to moldable tray 730.

[0094] In certain embodiments, moldable tray 730 may be composed of a material that can be heated to a temperature at which the material softens and becomes capable of being molded to a different shape. In certain embodiments, the material can be heated in hot water. In some embodiments, the temperature range at which the material softens may be approximately 40-80 degrees Celsius, although materials with other softening ranges may be used. In a particular embodiment, the target softening temperature may be approximately 60 degrees Celsius. In certain embodiments, this material may be a thermoplastic. Such thermoplastic materials may be heated to a temperature at which the thermoplastic becomes soft and moldable, at which point it may be molded to the shape of at least a portion of a user's dental arch and become at least temporarily fixed in that shape. As one example, moldable tray 730 may comprise a polycaprolactone polymer or other aliphatic polyester, as discussed above in reference to moldable tray 135. In particular embodiments, the thermoplastic material may comprise a cross-linked polycaprolactone reinforced with an aramid fiber such as the short length aramid fiber sold by Dupont under the brand name Kevlar®. In certain embodiments, using polycaprolactone combined with Kevlar® may allow moldable tray 730 to soften at low temperatures and set hard at temperatures of approximately 60 degrees Celsius. In certain embodiments, using polycaprolactone combined with Kevlar® may improve the hardness of moldable tray 730 following the molding process, which may improve the ability of moldable tray 730 to hold its shape when being used to adjust the user's jaw position and/or hold a mask or other breathing device in place. In certain embodiments, this increased hardness may also improve the ability of moldable tray 730 to hold its shape for longer periods of time. For example, in certain embodiments, this may allow moldable tray 730 to substantially hold its shape for periods longer than approximately 1 month, though such period is not required. Using polycaprolactone combined with Kevlar® may also allow for thinner embodiments of moldable tray 730, which may allow moldable tray 730 to take up less space in the user's mouth. Examples of polycaprolactone combined with an aramid fiber, including Kevlar® and a variety of other fibers, are described in U.S. application Ser. No. 11/368,991, publication number U.S. 2007/0004993 A1, which is incorporated herein by reference. Such embodiments may provide an improved moldable material that better maintains its form when heated, providing increased viscosity which may prevent the material from flowing excessively around the user's teeth and/or getting stuck on the user's teeth during the molding process. Such embodiments may also possess increased strength after molding. In certain embodiments, the thermoplastic material may be cross-linked by radiation, which may create cross-linking of certain molecules to improve the material's shape retention

characteristics and/or make the material better able to return to its original shape after reheating. In certain embodiments, radiation may be applied after moldable tray 730 has been overmolded with arched frame 700, but before being molded to the user, though this is not required. Cross-linking by radiation is further described in U.S. Pat. No. 5,415,623, which is incorporated herein by reference. In certain embodiments, the material may exhibit slight shrinkage after being molded to the user's dental arch. In particular embodiments, such shrinkage may be less than 1%. Slight shrinkage of the material following the molding process may allow for improved fit with the user's dental arch. In some embodiments, slight shrinkage of the material following the molding process may allow moldable tray 730 to have a "snap" fit with the user's dental arch.

[0095] In some embodiments, arched frame 700 may be primarily composed of a substantially rigid material, such as Nylon or any other material providing substantial rigidity while allowing moderate flexion. In certain embodiments, arched frame 700 may be composed of a material whose form does not substantially change when heated to the temperature required to soften the moldable material of moldable tray 730. For example, in some embodiments, arched frame 700 may be composed of a material that substantially maintains its shape when heated up to at least 100 degrees Celsius. Such materials may include polycarbonate, Nylon, acrylonitrile butadiene styrene (ABS), or polyethylene. In certain embodiments, arched frame 700 may be composed of a semi-flexible material, for example liquid silicone rubber (LSR), approximately having a Shore 30-90 hardness, although this particular hardness is not required.

[0096] FIGS. 10A through 10C illustrate an example moldable tray 730 substantially surrounding an example arched frame 700. As shown in FIG. 10A, example moldable tray 730 may include occlusal surface 732, outer rim 734, and inner rim 736; and arched frame 700 may include occlusal surface 702 and flange 706. As shown in FIG. 10A, in certain embodiments the labial edge of outer rim 734 may extend outward beyond the labial edge of flange 706. The lingual edge of inner rim 736 may also extend inward beyond the labial edge of occlusal surface 702. As seen in FIG. 10B, in certain embodiments the distal end of moldable tray 730 may extend distally beyond the distal end of arched frame 700. In certain embodiments, the distal end of arched frame 700 may extend approximately to the user's first molar, while the distal end of moldable tray 730 extends approximately to the user's second or third molar. In alternative embodiments, the distal end of arched frame 700 may extend approximately to the user's second molar, while the distal end of moldable tray 730 extends approximately to the user's third molar. In still other embodiments, the distal ends of arched frame 700 and moldable tray 730 may be approximately coextensive.

[0097] In certain embodiments, when moldable tray 730 is oriented for placement on, for example, a user's maxillary arch, the superior surface of outer rim 734 may extend beyond the superior surface of flange 706 by approximately 2.5 millimeters while the inferior surface of moldable tray 730 may extend below the inferior surface of arched frame 700 by approximately 1.5 millimeters, although these dimensions are not required. In certain embodiments, moldable tray 730 may extend outward beyond the labial edge of arched frame 700 by approximately 1.5 millimeters, though

other dimensions are possible. In certain embodiments, moldable tray 730 may extend inward beyond the lingual edge of arched frame 700 by approximately 1.5 millimeters, though other dimensions are possible.

[0098] In certain embodiments, flange 706 may help maintain the shape of outer rim 734. Moldable trays that substantially surround an arched frame may allow for reduced bulk between a user's incisors when the tray(s) are inserted into the user's mouth. By providing moldable trays with less material between the user's incisors, certain embodiments may allow users to close their mouths further with the trays inserted, which may improve comfort and/or effectiveness. Furthermore, moldable trays that substantially surround arched frame may allow for mouth pieces where only the moldable material touches the inner surfaces of the user's mouth, such as the user's gums, lips, and tongue. Such moldable trays may also allow for improved molding to the user's front teeth. Having arched frame 700 substantially surrounded by moldable tray 730 may also reduce the chances of damage to arched frame 700 and may help hold any broken pieces of arched frame 700 in place, preventing any such broken pieces from contacting the user's mouth or entering the user's airway.

[0099] In certain embodiments, arched frame 700 may include apertures in occlusal surface 702 and/or flange 706, though such apertures are not required. Such apertures may allow the moldable material to flow through arched frame 700 during the molding process, which may provide greater stiffness following the molding process and may allow for improved alignment of arched frame 700 with moldable tray 730.

[0100] FIGS. 10D through 10G illustrate an example dental device. The dental device includes a first arch 750, a second arch 755, a first coupler 760, a second coupler 770, and a flexible tension element 780. When inserted and/or positioned within a user's mouth, the dental device maintains a forward position of the user's lower dental arch relative to the user's upper dental arch. As a result, the user's breathing may be improved while sleeping.

[0101] First arch 750 includes arched frame 700 and moldable tray 730. First arch 750 may be configured to engage at least some of the teeth of a user's dental arch, such as for example, the user's lower dental arch. The midline of first arch 750 may align substantially with the anterior midline of the user's mouth when first arch 750 is inserted and/or positioned in the user's mouth. In some embodiments, moldable tray 730 is coupled to arched frame 700 and is configured to receive the user's teeth. Likewise, second arch 755 includes arched frame 700 and moldable tray 730.

[0102] Second arch 755 may be configured to engage at least some of the teeth of a user's dental arch, such as for example, the user's upper dental arch. The midline of second arch 755 may align substantially with the anterior midline of the user's mouth when second arch 755 is inserted and/or positioned in the user's mouth. In some embodiments, moldable tray 730 is coupled to arched frame 700 and is configured to receive the user's teeth.

[0103] First coupler 760 is coupled to first arch 750. In some embodiments, first coupler 760 is coupled to first arch 750 along the midline of first arch 750. First coupler 760 is positioned such that a portion of first coupler 760 is inside a user's mouth when first arch 750 is inserted and/or positioned within the user's mouth. First coupler 760 may engage tension element 780 such that tension element 780

exerts a tensile force on coupler 760. The tensile force may pull first arch 750 forward relative to second arch 755. As a result, a user's jaw may be pulled forward to improve snoring and/or sleep apnea during sleep. In the embodiments shown, first coupler 760 includes a post 765 and a cap 785. Cap 785 removably engages post 765. In some embodiments, cap 785 is coupled to first coupler 760, first arch 750, and/or post 765 by a tether such that cap 785 does not uncouple from first arch 750 when cap 785 is disengaged from post 765. In this manner, it is more difficult for a user to lose and/or misplace cap 785. In alternative embodiments, first coupler 760 is coupled to second arch 755 and is configured to be within the user's mouth when second arch 755 is positioned within the user's mouth along the user's upper dental arch. Tension element 780 engages first coupler 760 to anchor to second arch 755.

[0104] Second coupler 770 is coupled to second arch 755. In some embodiments, second coupler 770 is coupled to second arch 755 along the midline of second arch 755. Second coupler 770 is positioned such that a portion of second coupler 770 extends anterior to a user's dental arch when second arch 755 is inserted and/or positioned in the user's mouth. Second coupler 770 engages with tension element 780 such that tension element 780 anchors to second coupler 770. Tension element 780 then exerts a tensile force that pulls first arch 750 forward relative to second arch 755. As a result, a user's jaw may be pulled forward to improve snoring and/or sleep apnea during sleep. In some embodiments, a portion of second coupler 770 extends outside the user's mouth when second arch 755 is inserted and/or positioned in the user's mouth. Second coupler 770 includes a flange 773, a post 775, and a cap 790. Flange 773 extends anterior to the user's dental arch when second arch 755 is inserted and/or positioned in the user's mouth. In some embodiments, a portion of flange 773 extends outside of the user's mouth when second arch 775 is inserted and/or positioned in the user's mouth. Cap 790 removably engages post 775. In some embodiments, cap 790 is coupled to second coupler 770, second arch 755, and/or post 775 by a tether such that cap 790 does not uncouple from second arch 755 when cap 790 is disengaged from post 775. In this manner, it is more difficult for a user to lose and/or misplace cap 790. In alternative embodiments, second coupler 770 is coupled to first arch 750 and is configured to extend anterior to the user's lower dental arch when first arch 750 is positioned in the user's mouth. Tension element 780 engages second coupler 770 to exert a tensile force that pull first arch 750 forward relative to second arch 755.

[0105] Flexible tension element 780 engages first coupler 760 and second coupler 770 to exert a tensile force on first arch 750 and second arch 755. In the embodiments shown, flexible tension element 780 removably engages first coupler 760 and second coupler 770 via post 765 and post 775 respectively to couple first arch 750 to second arch 755. Flexible tension element 780 may also be referred to as a strap. Flexible tension element 780 may include elastic or substantially elastic plastic, rubber, silicone, or any other material used to form arched frames 700. Flexible tension element 780 defines one or more apertures (e.g. a first aperture and a second aperture) through which flexible tension element 780 engages with first coupler 760 and/or second coupler 770 via post 765 and post 775. When flexible tension element 780 is engaged with post 765 and post 775, caps 785 and 790 may be placed onto posts 765 and 775 to

engage posts 765 and 775. In this manner, caps 785 and 790 prevent flexible tension element 780 from disengaging from posts 765 and 775. As a result, flexible tension element 780 couples first arch 750 to second arch 755 and exert a tensile force that pulls first arch 750 forward relative to second arch 755. In this manner, flexible tension element 780 maintains a forward position of first arch 750 relative to second arch 755.

[0106] In some embodiments, flexible tension element 780 allows for lateral movement of first arch 750 relative to second arch 755 when flexible tension element 780 is engaged with both first arch 750 and second arch 755. In this manner, when the dental device is inserted and/or positioned in the user's mouth, the dental device may still allow for the user's jaw to move laterally.

[0107] In some embodiments, the length (and/or flexibility or elasticity) of tension element 780 determines the magnitude of the tensile force exerted on first arch 750 and second arch 755. For example, a long tension element 780 may exert less tensile force than a short tension element 780. This disclosure contemplates the example dental device and/or the components of the example dental device including more than one tension element 780 (e.g., as a kit). Each tension element 780 may have a different length so the user can adjust the magnitude of the tensile force by selecting a tension element 780 of a different length. In some embodiments, the more than one tension element 780 being made using different materials to adjust the elasticity and/or flexibility of each tension element. For example, a tension element 780 may be made of plastic while another tension element 780 is made of rubber. The two tension elements 780 may exert different tensile forces because different materials are used to form them. In this manner, the user can adjust the magnitude of the tensile force by selecting a tension element 780 of a different material. This disclosure contemplates the example dental device or the components of the example dental device being included in a kit that includes multiple tension elements 780. The lengths of the tension elements 780 may be different. The materials used to form the tension elements 780 may be different. This disclosure contemplates tension element 780 being formed from any material (e.g., a semi-rigid material such as nylon).

[0108] FIG. 10E illustrates the example dental device of FIG. 10D with first arch 750 coupled to second arch 755. As illustrated in FIG. 10E, flexible tension element 780 may couple first arch 750 to second arch 755 by engaging posts 765 and 775 (not shown). Caps 785 and 790 also engage posts 765 and 775 to prevent flexible tension element 780 from disengaging from posts 765 and 775. Post 765 of first arch 750 engages flexible tension element 780 through an aperture from a bottom surface of flexible tension element 780 through a top surface of flexible tension element 780. Post 775 of second arch 755 engages flexible tension element 780 through an aperture from the top surface of flexible tension element 780 through the bottom surface of flexible tension element 780.

[0109] FIG. 10F illustrates the example dental device of FIG. 10D inserted and/or positioned within a user's mouth. As illustrated in FIG. 10F, first arch 750 is positioned on the user's lower dental arch and second arch 755 is positioned on the user's upper dental arch. First arch 750 couples to second arch 755 via flexible tension element 780. As shown, flange 773 extends anterior to second arch 755 and out of the user's mouth. Flexible tension element 780 engages first

arch 750 and second arch 755 and caps 785 and 790 prevent flexible tension element 780 from disengaging. In certain embodiments, cap 785 and the point at which flexible tension element 780 engages first arch 750 is located within the user's mouth. Flexible tension element 780 exerts a tensile force that pulls the first arch 750 forward relative to second arch 755. As a result, the user's jaw is pulled forward which may improve breathing when the user is sleeping.

[0110] FIG. 10G illustrates an alternative embodiment of the example dental device of FIG. 10D. As illustrated in FIG. 10G, upper arch 755 includes more than one coupler/flange 773. The couplers may be spaced symmetrically about the midline of second arch 755. This disclosure contemplates arranging multiple couplers on any portion of second arch 755 according to a user's needs. Each coupler couples to the coupler of first arch 750 via a flexible tension element 780. For example, a first flexible tension element 780 couples a first coupler of second arch 755 to the coupler of first arch 750. A second flexible tension element 780 couples the second coupler of second arch 755 to the coupler of first arch 750. Each flexible tension element 780 is prevented from disengaging the couplers by caps 790 and cap 785. Each flexible tension element 780 exerts a tensile force that pulls the lower arch 750. The position of each coupler of second arch 755 may be adjusted to adjust the direction of the resultant tensile force applied. This disclosure contemplates second arch 755 and first arch 750 each including any number of couplers. This disclosure further contemplates coupler/flange 773 being coupled to lower arch 750 rather than upper arch 755 and the illustrated coupler of first arch 750 being instead coupled to second arch 755.

[0111] FIG. 10H illustrates the components of the alternative embodiment of the example dental device of FIG. 10G. As illustrated in FIG. 10H, the dental device is similar to the example dental device of FIG. 10D, except the embodiment of FIG. 10H includes an additional flange 773 and corresponding post 775 on second arch 755, an additional cap 795, and strap 780 is configured to engage an additional flange 773 and post 775 of second arch 755. This disclosure contemplates the dental device including any number of caps and flanges 773 on any of first arch 750 and/or second arch 755. This disclosure also contemplates flanges 773 being positioned on any portion of first arch 750 and/or second arch 755. For example, flanges 773 may be placed symmetrically about a midline of second arch 755. However, the positions of flanges 773 may be adjusted and/or changed to adjust the direction of the tensile force exerted by strap 780 when engaged with first arch 750 and second arch 755. This disclosure also contemplates strap 780 including defining any number of holes. A user of the dental device can select which holes to use to engage first and second arches 750 and 755 to adjust the amount of tensile force applied by strap 780. As a result, the relative forward positions of the arches can be adjusted by selecting different holes.

[0112] This disclosure contemplates strap 780 comprising two or more separate straps/tension elements 780. The separate straps/tension elements 780 may overlap apertures to engage the same post/flanges 773. This disclosure also contemplates strap 780 comprising two or more straps/tension elements 780 coupled together in one piece, like the example illustrated in FIG. 10H. Although strap 780 is one

piece, it can be contemplated as a first tension element **780** coupled to a second tension element **780**.

[0113] Although this disclosure describes caps **785**, **790**, and **795** being separate and distinct from other components of the example dental devices, this disclosure contemplates one or more of caps **785**, **790**, and **795** being formed internally with tension element **780**. Furthermore, this disclosure contemplates embodiments that do not include one or more of caps **785**, **790**, and **795**.

[0114] FIG. 11A illustrates another example moldable tray **730** having occlusal surface **732**, outer rim **734**, inner rim **736**, and notches **742**. In this embodiment, moldable tray **730** is attached to a post **802** having slot **804**, channels **806**, and tension element channel **834**. FIG. 11B also illustrates a lower isometric view of the same embodiment showing outer rim **734**, notch **742**, and a lower surface **744**. As shown in FIG. 11A, in certain embodiments moldable tray **730** may be custom molded to fit a particular user's dental arch. In particular embodiments moldable tray **730** may include one or more notches **742** which may facilitate grasping the moldable tray for improved insertion into and removal from the user's mouth. As shown in FIG. 11B, in certain embodiments lower surface **744** of the moldable tray **730** may also be molded to fit the user's second dental arch. In certain embodiments, molding lower surface **744** to the user's mandibular dental arch may be performed with the user's mandibular dental arch placed in a particular position relative to the user's maxillary dental arch. For example, the user's mandibular dental arch may be extended in the anterior direction, which may help open a user's airway allowing for improved breathing. Molding lower surface **744** to the user's mandibular dental arch may also help hold the user's jaw in a desired position, such as, for example, when upward force is applied to the user's mandible by a chin strap or other device.

[0115] In certain embodiments, a second moldable tray configured to engage with the user's second dental arch may be fused with moldable tray **730**, locating the user's mandibular arch in a particular position relative to the user's maxillary arch. In such embodiments, the second moldable tray may be fused to moldable tray **730** prior to forming a mold of the user's dentition. In alternative embodiments, the second moldable tray may form a separate piece prior to being molded to the user's dentition. In such embodiments, the second moldable tray and moldable tray **730** may be heated and fused together during the molding process.

[0116] Alternative embodiments may utilize a custom-made tray rather than a moldable tray. In some embodiments, a custom-made tray may be pre-fitted and then molded from a substantially rigid material, such as, for example, acrylic. Certain embodiments may have two separate custom-made trays coupled together via an adjustment mechanism, such as, for example, those described in U.S. Pat. No. 7,748,386, which is incorporated herein by reference. In certain embodiments, such an adjustment mechanism may have wedges in the side that interact to move the user's lower jaw forward.

[0117] FIG. 12 illustrates two moldable trays **730**, a mask **850**, and a coupler **800**. FIG. 13 illustrates a side view of the components shown in FIG. 12. As shown, moldable trays **730** include occlusal surface **732**, outer rim **734**, and inner rim **736**. Mask **850** is a device for directing the flow of air and/or other gases to a user. Coupler **800** adjustably couples mask **850** to at least one moldable tray **730**. In the embodi-

ment shown, two moldable trays **730** cooperate to form an adjustable oral appliance configured to adjustably position the lower arch of a user relative to the user's upper arch. As shown, upper moldable tray **730**, includes post **802** that extends anterior to the user's mouth when upper moldable tray **730** is positioned proximate to the user's maxillary dentition. Similarly, lower moldable tray **730** includes tension element **830** that extends anterior to the user's mouth when lower moldable tray **730** is positioned proximate to the user's mandibular dentition. In this embodiment, post **802** includes a tension element channel **834** to receive tension element **830**. In certain embodiments, tension element **830** may be threaded and may be coupled to adjustment knob **832**, which may be turned to adjust the position of lower moldable tray **730** relative to upper moldable tray **730**. Although tension element **830** is described as being threaded, other configurations may be used to adjust the relative positions of upper and lower moldable trays **730**. In alternative embodiments, tension element **830** may attach to an adjustable oral appliance, such as the oral appliance described in U.S. Pat. No. 7,748,386. In certain embodiments, upper moldable tray **730** and lower moldable tray **730** may be used with or without a mask. In these embodiments, moldable trays **730** may function as an oral appliance only or may be used during surgery or post-surgery to maintain the user's airway during the administering of anesthetics or during ventilation, or they may be in place in the event that resuscitation becomes necessary.

[0118] Mask **850** includes one or more flanges **822**, with each flange **822** including a slot **824**. Flange **822** may be fixed to or integrally formed with mask **850**; or flange **822** may be removably coupled to mask **850**. However, it should be appreciated that flange **822** may be fixed to or integrally formed with other mask types, or flange **822** may be removably coupled to and/or interchangeable with other mask types. In embodiments in which a single flange **822** is used, flange **822** may have a thickness of between 10-22 millimeters, though such dimensions are not required. In other embodiments, flange **822** may have a thickness of between 12-18 millimeters. In a particular embodiment, flange **822** may have a thickness of approximately 14 millimeters. In embodiments having multiple flanges **822**, each flange **822** may have a thickness of between 1-4 millimeters, though this range is not required. In a particular embodiment having a multiple flanges **822**, one or more of the flanges **822** may have a thickness of approximately 3 millimeters. In certain embodiments having multiple flanges **822**, when the mask is oriented to the user's face, the distance between the right edge of the rightmost flange **822** and the left edge of the leftmost flange **822** may be similar to the ranges described above for a single flange **822**. For example, in a particular embodiment having two flanges **822**, the span between the inner edges of the flanges may be approximately 6 millimeters and the span between the outer edges of the flanges may be approximately 14 millimeters, though other dimensions may be used. Such embodiments may improve the ability of coupler **800** to prevent deformation outside of the sagittal plane.

[0119] As shown in FIG. 12, mask **850** is a pillow mask with nasal inserts **852** that may be configured to seal against the user's nostrils. In certain embodiments, nasal inserts **852** may be fitted independently to mask **850** and may be capable of rotating independently to the angle of the user's nostrils. In certain embodiments, nasal inserts **852** may be remove-

ably coupled to mask **850** and may be interchangeable with different sizes of nasal inserts **852**. In some embodiments, the user may select different sizes of nasal inserts **852** for each nostril. In alternative embodiments, nasal inserts **852** may be formed together as a pair and attached as one unit to mask **850**. In other embodiments, nasal inserts **852** may be fixed permanently to mask **850**. In certain embodiments, mask **850** may have an inlet that is fixed on the top of the frame for delivering air and/or other gases to mask **850**. In some embodiments, mask **850** may have a ball joint, elbow, or a combination thereof delivering air and/or other gases to mask **850**. In alternative embodiments, air and/or other gases may be delivered in the side or the bottom of mask **850**. In certain embodiments, air and/or other gases may be delivered through several different tubes. In certain embodiments, the user may be able to select one or more connection points for delivery of air and/or other gases and plug or otherwise disable other connection points. In other embodiments, a main hose may attach directly to mask **850** or to an elbow joint or a ball joint. In certain embodiments, mask **850** may have a length of flexible tubing that may connect with a main hose. In certain embodiments, the optional flexible tubing may be approximately 50-300 millimeters long, though this is not required. In one example embodiment, mask **850** may have a 250 millimeter-long flexible tube. In certain embodiments, such tubing may be light, flexible, and have a smaller diameter than the main hose. In some embodiments, the flexible tubing may have a diameter of approximately 12-19 millimeters, while the main hose may have a diameter of approximately 22 millimeters, though these dimensions are not required. In one example embodiment, the flexible tubing may have an internal diameter of approximately 17 millimeters. In certain embodiments, there may be a connector between the short flexible tube and the main tube, and in some embodiments this connector may be capable of swiveling. In particular embodiments, the connector may be a ball joint or a straight connector. In certain embodiments, optional headgear may be supplied that attaches to mask **850**, coupler **800**, and/or moldable tray **730**. Such headgear may pass along the side of the user's face and may be capable of holding the main hose or other air-delivery device in a particular position. For example, in certain embodiments, such headgear may hold the main hose in place on top of the user's head or to one or both sides of the user's head. In certain embodiments, such headgear may also be configured to help hold moldable tray **730**, or any other oral appliance, in the user's mouth. In some embodiments, such headgear may be adjustable at a connection point on mask **850** and/or at one or more places around the user's head. In alternative embodiments, the headgear may be formed from a stretchable material and may require little or no manual adjustment. In one example embodiment, the headgear may be at least partially made from Breath-o-prene®, which is a soft, breathable laminate. In another example embodiment, the headgear may be at least partially made from silicone or a molded thermoplastic/fabric composite. In other embodiments, the headgear may be formed from a combination of these materials, or from a combination of these and other materials. In certain embodiments, a chin strap may attach to mask **850**, headgear, or moldable tray **730** or any other oral appliance. In some embodiments, mask **850** may have bias flow (vent holes) to flush out the user's exhaled breath. In such embodiments, mask **850** may have a plurality of holes to enable bias flow. In certain embodiments, mask **850** may

have approximately 10-50 holes, though this is not required. In one example embodiment, mask **850** may have approximately 35 holes. In these embodiments, the holes may be approximately 0.75 millimeters in diameter, though these dimensions are not required. In certain embodiments, the holes may have non-uniform cross-sectional shapes throughout the length of the holes. In one example embodiment, one or more of the holes may be rounded and have an opening diameter of approximately 1.2 millimeters, the diameter of the hole falling to approximately 0.75 millimeters when moving through the hole and then expanding again to a diameter greater than 0.75 millimeters when moving through to the other end of the hole. In alternative embodiments, the holes may be tapered from one side or the other, or the holes may be straight throughout. In certain embodiments, having many small holes may slow the flow of gas and may reduce the draft and noise of such flow. In other embodiments, mask **850** may have no holes, which may enable closed-loop ventilation. In certain embodiments, mask **850** may be first formed in two or more distinct pieces and then joined, for example, by welding, gluing, clipping, screwing, latching, strapping, or otherwise fixing the pieces together. In other embodiments, the mask may initially be formed as a single piece. Furthermore, those skilled in the art will appreciate that the headgear, tubes, bias holes, chin straps, attachments, assembly features, and other aspects described above may also apply to other masks described herein.

[0120] Post **802** may include one or more channels **806** and a slot **804**. In the embodiment shown, coupler **800** is formed by two flanges **822** engaging two channels **806**. The movement of flanges **822** relative to channels **806** is limited by fastener **805** in slot **804**. Fastener **805** may represent any structure that can restrict the movement of flanges **822** relative to channels **806**. In certain embodiments, fastener **805** may be a pin, screw, or bolt. In the embodiment shown, fastener **805** is a threaded hex-head bolt that engages a hex-head counter sink **807** on one side of post **802** and a tightening knob **808** on the other side of post **802**. In certain embodiments, a hex-head (or other appropriately shaped) countersink may prevent rotation of fastener **805** while tightening knob **808** or other appropriate structure is fixing the position of fastener **805**. In a particular embodiment, both sides of post **802** may include a countersink, such that a user may select to position tightening knob **808** on either side of post **802**. This flexibility may make the use of tightening knob **808** equally convenient to left-handed and right-handed users. In alternative embodiments, post **802** may include an additional tightening knob opposite tightening knob **808**, enabling adjustment from either side of post **802**.

[0121] FIG. 14A illustrates the anterior end of an example post **802** and FIG. 14B illustrates an example anterior view of an example arched frame **700** with a tension element **830**. As shown in FIG. 14B, in certain embodiments at least a portion of the tension element may be threaded, and the threaded portion may engage with the tension element adjuster **832**. In the embodiments shown, post **802** includes D-shaped slot **834** and tension element **830** has a corresponding D-shaped cross-section. In certain embodiments, the D-shaped slot **834** and tension element **830** may substantially prevent tension element **830** from rotating when adjustment knob **832** is used to adjust tension element **830**. Although a D-shape is illustrated, other cross-sections may

be used to prevent the rotation of tension element **830** in slot **834**. As one example, slot **834** may have a “key” structure that corresponds with a channel in tension element **830**.

[0122] FIGS. **15A** and **15B** illustrate example flanges **822**. As shown in FIG. **15A**, flange **822** may include a slot **824**. While FIG. **15B** depicts two distinct flanges **822**, alternative embodiments may have a single flange, multiple flanges, or any other structure which may be secured in place relative to post **802** by fastener **805**. In alternative embodiments, slot **824** may have various shapes, sizes, and orientations. In certain embodiments, flanges **822** may be formed and/or molded as one part. In other embodiments, flanges **822** may be formed from multiple parts that may be assembled, clipped, screwed, or overmolded. In various embodiments, flanges **822** may consist of plastic and/or metal such as stainless steel.

[0123] FIGS. **16A** and **16B** illustrate an example post **802** having a fastener **805**, channels **806**, countersink **807**, tightening knob **808**, and a tension element channel **834**. As shown in FIG. **16A**, an end of fastener **805** may be configured to engage with countersink **807**. In certain embodiments, as shown in FIG. **16B**, at least a portion of fastener **805** may be threaded. As shown in FIG. **16B**, in some embodiments slot **804** (not shown) may cross laterally through post **802**, allowing fastener **805** to pass laterally through post **802** across channels **806**. In some embodiments, when flanges **822** are disposed in channel **806**, slots **824** may substantially align with slot **804**, allowing fastener **805** to pass through both slot **804** and slots **824**. In such an embodiment, tightening knob **808** may be adjusted to increase or decrease lateral force exerted along the long axis of fastener **808**. Adjusting tightening knob **808** in such an embodiment may operate to secure flanges **822** in place relative to post **802**. In certain embodiments, an attached mask or breathing device may be moved into the desired position relative to the user's face and then fixed into that position by adjusting tightening knob **808**.

[0124] In certain embodiments, post **802** may be formed and/or molded as one part. In other embodiments, post **802** may be formed from multiple parts that may be assembled, clipped, screwed, or overmolded. In various embodiments, post **802** may consist of plastic and/or metal such as stainless steel.

[0125] FIGS. **17A** through **17F** illustrate various positions of an example coupler **800**. As shown in FIG. **17A**, coupler **800** may include a flange **822** with slot **824** and a post **802** having a fastener **805** and countersink **807**. As shown in FIGS. **17A** through **17F**, in certain embodiments, flange **822** may be capable of moving in the superior-inferior direction relative to post **802**, moving in the anterior-posterior direction relative to post **802**, and rotating around fastener **805**. In alternative embodiments, flange **822** may be capable of moving in the superior-inferior direction relative to post **802** and rotating around fastener **805**. In certain embodiments, flange **822** may be limited to adjustment, rotation, and/or movement within the sagittal plane. In some embodiments, post **802** may include an additional joint that may provide adjustment, rotation, and/or movement in one or more additional directions. In certain embodiments, flange **822** may be adjusted vertically approximately ± 10 mm, though other ranges may be used. For example, other embodiments may have vertical adjustment ranges of between ± 7 mm and ± 14 mm. In certain embodiments, flange **822** may be adjusted in the anterior-posterior direction approximately

± 5 mm, though other ranges may be used. For example, other embodiments may have horizontal adjustment ranges of between ± 3 mm and ± 8 mm. In certain embodiments, when flange **822** has a desired position and orientation, tightening knob **808** may be adjusted to secure flange **822** in place relative to post **802**.

[0126] FIG. **18** illustrates another example post **882** having a fastener **805**, plates **884**, channels **806**, tightening knob **808**, and plate **886**. In particular embodiments, plates **884** may define channels **806**, which are configured to receive flanges **822**. As shown in FIG. **18**, post **882** may be cylindrical and hollow. In a particular embodiment, post **882** may consist of metal, such as stainless steel. In alternative embodiments, post **882** may have various structures, shapes, and densities and can be made from a wide variety of rigid materials. In some embodiments, plate **886** may be attached at the posterior end of post **882**. Plate **886** may be configured to couple to the front of an oral appliance such as those described, for example, in U.S. Pat. No. 7,748,386, which is incorporated herein by reference.

[0127] FIG. **19A** illustrates an example mask **890** having flanges **822** with slots **824** and a hose coupler **854** coupled to a hose **870**. FIG. **19B** illustrates a side view of mask **890**, showing opening **856** and flanges **822**. In certain embodiments, as shown in FIG. **19B**, flanges **822** may be fixed to or integrally formed with mask **890**. In alternative embodiments, flanges **822** may be removably coupled to the anterior surface of mask **890**. In some embodiments, opening **856** may allow structures, such as post **802** or post **882**, to pass through the front of mask **890** and couple with flanges **824**. In certain embodiments, opening **856** may be sized to accommodate various positions and orientations of post **802** relative to mask **890**.

[0128] FIG. **20** illustrates an example mask **892** coupled to an example post **802**. As shown, mask **892** includes a seal **860**, opening **856**, flanges **822**, and a hose coupler **854**. As shown, post **802** is attached to moldable tray **730** inside the user's mouth, allowing mask **892** to be adjustably oriented to the user's face. In certain embodiments, mask **892** may be adjusted vertically, adjusted in the anterior-posterior direction, and/or rotated in the sagittal plane. In certain embodiments, as shown in FIG. **20**, seal **860** may include flexible gasket **862** which may be configured to allow post **802** to pass through it and couple with flanges **824**, forming an air-tight seal around post **802**. Flexible gasket **862** may also allow mask **892** to be adjusted to various positions and orientations relative to the user's face without significantly disturbing post **802** or breaking the airtight seal of seal **860**. In some embodiments, as shown in FIG. **20**, flexible gasket **862** may incorporate or be surrounded by creases, which may improve the ability of flexible gasket **862** to accommodate various positions of post **802**, though such creases are not required. In certain embodiments, post **802**, or another suitable post such as post **882**, may attach to various oral appliances, allowing for various combinations of oral appliances, posts, and masks. In alternative embodiments, flanges **822** may be contained within a mask, providing the substantially similar movement and adjustment to mask **892**. In such embodiments, fastener **805** may pass through a gasket in the mask's seal to a position outside the mask where it could be operated by a user.

[0129] Having mask **892** secured to the user's oral appliance may obviate the need for the user to wear stabilizing headgear. Such straps may shift accidentally, may be uncom-

fortable for the user, may leave marks on the user's face, and may irritate the user's face and scalp. Furthermore, since having mask **892** secured to the user's oral appliance may prevent substantial movement of mask **892** relative to the user's face and prevent leakage, these embodiments may reduce the need to tighten the mask to the user's face, which may result in reduced pressure on the user's face and reduced pressure sores. These embodiments may also provide greater mask stability during sleep for users who exhibit substantial movement during sleep. It should be appreciated that all such embodiments and advantages described with respect to mask **892** may also apply to other mask described herein, such as, for example, masks **850** and/or **894**.

[0130] In alternative embodiments, mask **892** may be held in place by a tension element attached to an oral appliance, with the tension element pulling mask **892** toward the oral appliance and the user's face. In certain embodiments, the pull of the tension element may be adjusted by a screw, tightening knob, or other adjustment mechanism. Following adjustment, in certain embodiments mask **892** may be secured via a fastener, such as a hook.

[0131] While FIG. **20** shows mask **892** as a full face mask covering the user's nose and mouth, FIGS. **21A** and **21B** illustrate an alternative mask **894** covering the user's mouth and delivering air and/or other gases to the user's nose via nasal inserts **852**. In certain embodiments, as shown in FIG. **21B**, seal **860** may extend below the user's chin. Masks with portions that extend below a user's chin may improve the function of the mask by preventing and/or reducing the occurrence of the user opening their mouth while using the mask. Still other embodiments incorporating different types of masks will be apparent to those skilled in the art. In certain embodiments, when flanges **822** of mask **894** are disposed in channels **806** of post **802**, movement of mask **894** outside of the sagittal plane is strongly resisted, which may help prevent mask leakage if a user lays on his or her side, pushing mask **894** laterally against a surface such as a pillow.

[0132] Various types of masks may be used in other embodiments. For example, certain embodiments may use pillow masks, which seal against the user's nostrils; nasal masks, which cover the user's nose; full face masks, which cover both the user's mouth and nose; hybrid masks, which have one portion covering a user's mouth and another portion covering the user's nose or sealing against the user's nostrils; or oral masks, which cover the user's mouth. Such masks may be used for the delivery of pressurized air, oxygen, aerosols, gasses, or medication; and the masks may be vented or non-vented. Masks included in various embodiments may be used for continuous positive airway pressure treatment (CPAP), auto-CPAP, or bilevel or closed-loop ventilation; and masks may be custom-fitted to a particular user or they may be non-custom masks that conform to different face shapes.

[0133] In certain embodiments, a venting seal may be combined with the masks and/or oral appliances disclosed herein. In certain embodiments, the venting seal may be fixed or detachable. The venting seal may be positioned outside the user's mouth next to the user's lips or the venting seal may be positioned behind the user's lips next to the user's teeth. In certain embodiments, the venting seal may reduce or eliminate the venting of air or other gases from the user's mouth, such as for example when air or other gases

are being supplied to the user's nose. An example venting seal is disclosed in U.S. Pat. No. 6,675,802, incorporated herein by reference. In certain embodiments, the venting seal may be attached to post **802**, post **882**, or other appropriate structure, either removably or permanently.

[0134] FIGS. **22A** and **22B** and FIG. **23** illustrate an example mask **900** having a hose coupler **902** and a strap **904** with a plurality of apertures **906**. As shown in FIG. **22A**, hose coupler **902** may be configured to attach to a hose **910** which may deliver air and/or other gases to mask **900**. In certain embodiments, as shown in FIG. **23A**, strap **904** may span the opening of hose coupler **902**. As shown in FIG. **23A**, strap **904** may have a plurality of apertures along its length. In certain embodiments, as shown in FIG. **22B**, a tension element **920** may pass through one of the plurality of apertures **906** and attach to oral appliance **930**, which may be any mouthpiece configured to couple to tension element **920**. FIG. **24** illustrates an example oral appliance **930**, mask **900**, and tension element **920**. As shown in FIG. **24**, tension element **920** has a threaded knob **924** and a hook **922**. Oral appliance **930** includes a receiver to engage tension element **920** to pull mask **900** towards oral appliance **930**. In certain embodiments, the receiver in oral appliance **930** may be a loop, a latch, or a slot. In a particular embodiment, tension element **920** includes hook **922** and threaded knob **924**. In alternative embodiments, tension element **920** may include one or more alternative structures to pull mask **900** towards oral appliance **930**.

[0135] FIGS. **25A** and **25B** illustrate an example mask **950** and adapter **960**. As shown in FIGS. **26A** and **26B**, in certain embodiments adapter **960** may include a hose coupler **962**, a strap **904** having a plurality of apertures **906**, and a mask coupler **968**. In some embodiments, hose coupler **902** may be configured to couple with a hose **910**. As shown in FIGS. **25A** and **25B**, mask coupler **968** may be configured to couple with hose coupler **952** of mask **950**, allowing adapter **960** to couple with mask **950**. When adapter **960** is coupled to mask **950**, adapter **960** may allow mask **950** to interact with hose **910** and tension element **920** as described in the above description of mask **900**.

[0136] FIG. **27** illustrates an example dental device comprising a universal coupler and an example dental attachment. As shown in FIG. **27**, a dental device is provided comprising an arched frame **100**, a moldable tray **135**, a second arched frame **200**, and a second moldable tray **235**. Arched frame **100** may comprise a universal coupler comprising a substantially planar surface **145**. In particular embodiments, a hook **405** may be configured to engage the universal coupler. In particular embodiments, second arched frame **200** may comprise a receiving mechanism **130** coupled to the lingual portion of second arched frame **200**. Receiving mechanism **130** may be a bar that spans the lingual portion of second arched frame **200**. In particular embodiments, hook **405** may engage receiving mechanism **130** to adjust the forward position of arched frame **100** relative to second arched frame **200**. In certain embodiments, this adjustment may help to prevent a user from snoring when the dental device is inserted in the user's mouth.

[0137] FIG. **28** illustrates an example dental device comprising a universal coupler and an example dental attachment. As shown in FIG. **28**, a dental device is provided comprising an arched frame **100**, a moldable tray **135**, a second arched frame **200**, and a second moldable tray **235**.

Arched frame **100** may comprise a universal coupler comprising a substantially planar surface **145**. In particular embodiments, a substantially rounded projection **415** may be configured to engage the universal coupler. In particular embodiments, rounded projection **415** may be the only point of contact between the user's upper and lower dental arches to prevent a user from clenching his jaw when the dental device is inserted in the user's mouth. In particular embodiments, rounded projection **415** may contact an opposing arch or may contact one or more incisors of the opposing dental arch to prevent a user from clenching his jaw when the dental device is inserted in the user's mouth. The opposing arch may have a contact surface that may be planar.

[0138] The universal oral appliance comprising a universal coupler may provide several advantages for a user. In particular embodiments, a universal oral appliance comprising a universal coupler may offer more use options to a user. For example, a user's appliance may be fitted with several different dental attachment options. The user may choose which dental attachment is best suited for his situation without having to hire a lab to construct another appliance. In particular embodiments, a particular user may also adjust the dental attachment to better suit the shape and size of the user's mouth. This disclosure contemplates the universal oral appliance being created from parts in a kit. A user may purchase the kit instead of a dental device created in a laboratory.

[0139] FIG. 29 illustrates an example arch comprising a dental attachment. As shown in FIG. 29, an arch is provided that comprises an arched frame **100** and a moldable tray **135** coupled to arched frame **100**. Arched frame **100** comprises an arched body **105** that defines a plurality of apertures **110**. The arch may further comprise a dental attachment configured to engage arched frame **100**. In particular embodiments, the dental attachment is configured to engage arched frame **100** along the midline of arched frame **100**. In particular embodiments, the dental attachment may comprise a post **500** and an anchoring element **505**. Post **500** may be coupled at a first end to anchoring element **505**. In particular embodiments, a second end of post **500** may engage arched frame **100**. In some embodiments, post **500** may be configured to removably engage arched frame **100**. In particular embodiments, anchoring element **505** may include a buckle, a slot, a clasp, a clamp, and/or any other appropriate element to anchor a tension element. In some embodiments, anchoring element **505** may be configured to be outside a user's mouth when the arch is inserted in the user's mouth. In some embodiments, the dental attachment may further comprise a release mechanism **510**. As an example and not by way of limitation, release mechanism **510** may be a button or a latch. Although this disclosure describes certain types of release mechanisms **510**, this disclosure contemplates any suitable release mechanism **510**. Although this disclosure describes an arch comprising arched frame **100**, moldable tray **135**, and a dental attachment, this disclosure contemplates a one-piece arch comprising a dental attachment.

[0140] FIG. 30 illustrates an example arch comprising a second anchoring element and a tension element. As shown in FIG. 30, an arch is provided that comprises an arched frame **200** and a moldable tray **235** coupled to arched frame **200**. Arched frame **200** comprises an arched body **205** that defines a plurality of apertures **210**. The arch may further

comprise a second anchoring element **245**. In particular embodiments, second anchoring element **245** may be coupled to the arch along the midline of the arch. The arch may further comprise a tension element **515**. In particular embodiments, tension element **515** may be flexible and may be configured to engage second anchoring element **245**. In particular embodiments, tension element **515** may be further configured to couple to an anchoring element outside a user's mouth when the arch is inserted in the user's mouth. In some embodiments, tension element **515** may comprise a strap **520** and a coupler **516**. Coupler **516** may be configured to engage the second anchoring element. In particular embodiments, coupler **516** may be configured to removably engage the second anchoring element. Strap **520** may be coupled to coupler **516**. In particular embodiments, strap **520** may be configured to engage the anchoring element outside the user's mouth when the arch is inserted in the user's mouth. In particular embodiments, strap **520** may comprise a hard plastic, leather, or metal. In certain embodiments, strap **520** may be a zip tie. In other embodiments, strap **520** may be a wire, belt, string, or any other appropriate element to engage the anchoring element. Although this disclosure describes an arch comprising arched frame **200**, moldable tray **235**, and tension element **515**, this disclosure contemplates a one-piece arch comprising tension element **515**.

[0141] FIG. 31 illustrates an example dental device comprising a dental attachment, a second anchoring element, and a tension element. As shown in FIG. 31, a dental device is provided that comprises an arched frame **100** and a second arched frame **200**. The dental device further comprises a moldable tray **135** coupled to arched frame **100** and a second moldable tray **235** coupled to second arched frame **200**. The dental device may further comprise a dental attachment configured to engage arched frame **100**. In particular embodiments, the dental attachment may comprise a post **500** and an anchoring element **505**. The dental device may further comprise a second anchoring element **245**. Second anchoring element **245** may be coupled to second arched frame **200**. The dental device may further comprise a tension element **515**. Tension element **515** may be configured to engage second anchoring element **245**. In particular embodiments, tension element **515** may comprise a coupler **516** and a strap **520**. In particular embodiments, strap **520** may be configured to engage anchoring element **505** outside the user's mouth when the dental device is inserted in the user's mouth. Anchoring element **505** may be configured to secure substantially the length of strap **520** engaged to anchoring element **505**. In particular embodiments, increasing the length of strap **520** engaged to anchoring element **505** will adjust the forward position of arched frame **100** relative to second arched frame **200**. In particular embodiments, the dental attachment may further comprise a release mechanism **510**.

[0142] FIG. 32 illustrates an example dental attachment and tension element. As shown in FIG. 32, a dental attachment is provided comprising a post **500** and an anchoring element **505**. Anchoring element **505** may be coupled to an end of post **500**. A tension element is also provided comprising a strap **520**. Strap **520** may be configured to engage anchoring element **505**. Anchoring element **505** may be configured to secure the length of strap **520** engaged to anchoring element **505**. In particular embodiments, the dental attachment may comprise a release mechanism **510**.

Release mechanism **510** may be configured to release strap **520** from anchoring element **505**.

[0143] FIG. 33 illustrates an example dental device in a user's mouth. As shown in FIG. 33, a dental device is provided that comprises an arched frame **100**, a second arched frame **200**, a moldable tray **135** coupled to arched frame **100**, and a second moldable tray **235** coupled to second arched frame **200**. Moldable tray **135** may comprise a channel **140** configured to engage at least some of the teeth of the user's maxillary arch **305**. Second arched frame may comprise a second arched body **205** that defines a second plurality of apertures **210**. The dental device may further comprise a dental attachment. The dental attachment may comprise a post **500** and an anchoring element **505**. Anchoring element **505** may be coupled to an end of post **500**, and a second end of post **500** may be configured to engage arched frame **100**. Anchoring element **505** may be configured to be outside the user's mouth when the dental device is inserted in the user's mouth. The dental device may further comprise a second anchoring element **245** coupled to second arched frame **200**. The dental device may further comprise a tension element comprising a coupler **516** and a strap **520**. Coupler **516** may be configured to engage second anchoring element **245**. Strap **520** may be coupled to coupler **516** and may be configured to engage anchoring element **520** outside the user's mouth when the dental device is inserted in the user's mouth. Anchoring element **505** may be configured to secure substantially the length of strap **520** engaged to anchoring element **505**. In particular embodiments, increasing the length of strap **520** engaged to anchoring element **505** may adjust the forward position of arched frame **100** relative to second arched frame **200**. In particular embodiments, adjusting the forward position of arched frame **100** relative to second arched frame **200** may adjust the forward position of the user's maxillary arch **305** relative to the user's mandibular arch **300**. In particular embodiments, adjusting the forward position of the user's maxillary arch **305** relative to the position of the user's mandibular arch **300** may help to improve the user's breathing and/or prevent the user from snoring.

[0144] In particular embodiments, the dental device comprising a dental attachment and a tension element may allow a third party faster access to a user's mouth and airway. For example, if the user is a patient sleeping in a sleep laboratory, a doctor in the laboratory may quickly pull on the tension element to open an airway that closed while the patient slept. As another example, if the user is a patient undergoing surgery in a hospital, a surgeon may quickly release the tension element to open the patient's mouth for intubation or for insertion of an instrument while the patient is sedated. In particular embodiments, the dental device comprising a dental attachment and a tension element may pull the user's lower jaw forward without locking the lower jaw in place. The user's lower jaw will maintain a certain range of lateral motion while the dental device is inserted in the user's mouth. This disclosure contemplates the dental device comprising a dental attachment and a tension element being created from a kit. A patient, doctor, or surgeon may purchase the kit and create the dental device quickly. In particular embodiments, the dental device may be a disposable device that may be thrown out after one or more uses.

[0145] FIG. 34 illustrates an example process for creating a dental device. At step **600**, an arched frame is formed. In particular embodiments, the arched frame may be configured to be positioned proximate to the occlusal surface of a user's dental arch such that the arched frame extends beyond the cuspids of the user's dental arch. The arched frame may

define a plurality of apertures. At step **605**, an adjustment mechanism is coupled to the arched frame. In particular embodiments, the adjustment mechanism may comprise a hook and a threaded adjuster. At step **610**, a moldable tray is formed. In particular embodiments, the moldable tray may comprise a channel configured to engage at least some of the teeth of the user's dental arch. In some embodiments, the channel may be shaped to conform to the teeth of a generic user's dental arch. In other embodiments, the channel may be a smooth channel configured to cover some of the teeth of the user's dental arch. In particular embodiments, the channel may be further shaped to conform to a particular user's dental arch. At step **615**, the moldable tray is coupled to the arched frame. In particular embodiments, the moldable tray may engage the plurality of apertures. In particular embodiments the process may be repeated to form a second arched frame and a second moldable tray. In particular embodiments, the arched frame may comprise kevlar polycarbon, acrylic, polycarbonate resin thermoplastic, or any other suitable hard plastic polymer. In particular embodiments, the moldable tray may comprise polycaprolactone.

[0146] In particular embodiments, the process illustrated in FIG. 34 may lead to faster creation and production of dental devices. Users may avoid sending dental impressions to a laboratory to create a dental devices thus saving time and money.

[0147] Although example steps are illustrated and described, the present invention contemplates two or more steps taking place substantially simultaneously or in a different order. For example, step **605**, coupling an adjustment mechanism to the arched frame, may be performed after step **610**, forming a moldable tray. In addition, the present invention contemplates using methods with additional steps, fewer steps, or different steps, so long as the steps remain appropriate for creating a dental device.

[0148] Various embodiments disclosed herein may be used together in a variety of combinations. For example, in certain embodiments, the various posts, such as posts **802** and **882**, may be coupled to any of the various oral appliances disclosed herein, including the oral appliances disclosed in U.S. Pat. No. 7,748,386. As another example, the various posts described herein may be coupled to any of the various masks disclosed, such as but not limited to masks **850**, **890**, **892**, and **894**. As another example, in certain embodiments, the various adjustment mechanisms may be used with the various oral appliances disclosed herein, including the adjustment mechanisms and oral appliances disclosed in U.S. Pat. No. 7,748,386. As another example, in certain embodiments the various oral appliances may be coupled with the various dental attachments disclosed herein.

[0149] Although the present invention has been described above in connection with several embodiments, changes, substitutions, variations, alterations, transformations, and modifications may be suggested to one skilled in the art, and it is intended that the present invention encompass such changes, substitutions, variations, alterations, transformations, and modifications as fall within the spirit and scope of the appended claims.

1-118. (canceled)

119. A dental device comprising:

a first arch configured to engage at least some of the teeth of a user's dental arch, the first arch having a midline

that aligns substantially with the anterior midline of the user's mouth when the first arch is inserted in the user's mouth;

a first coupler coupled to the first arch along the midline of the arch, a portion of the first coupler configured to be inside the user's mouth when the first arch is inserted in the user's mouth;

a second arch configured to engage at least some of the teeth of the user's second dental arch, the second arch having a midline that aligns substantially with the anterior midline of the user's mouth when the second arch is inserted in the user's mouth;

a second coupler coupled to the second arch along the midline of the second arch, the second coupler configured to extend anterior to the user's second dental arch when the second arch is inserted in the user's mouth; and

a flexible tension element configured to removably engage the second coupler and the first coupler, the tension element configured to maintain a forward position of the first arch relative to the second arch.

120. The dental device of claim **119**, wherein the first coupler comprises:

a post coupled to the first arch, the tension element configured to engage the post; and

a cap configured to engage the post, the cap configured to prevent the tension element from disengaging from the post when the cap and the tension element are both engaged with the post.

121. The dental device of claim **119**, wherein the second coupler comprises:

a flange coupled to the second arch;

a post coupled to the flange, the tension element configured to engage the post; and

a cap configured to engage the post, the cap configured to prevent the tension element from disengaging from the post when the cap and the tension element are both engaged with the post.

122. The dental device of claim **121**, wherein the cap is configured to removably engage the post.

123. The dental device of claim **119**, wherein the tension element defines a first aperture and a second aperture, the first aperture configured to engage the first coupler, the second aperture configured to engage the second coupler.

124. The dental device of claim **119**, wherein the first arch comprises:

a frame comprising:

a left occlusal portion configured to be positioned proximate at least one of a left bicuspid or a left molar of the user;

a right occlusal portion configured to be positioned proximate at least one of a right bicuspid or a right molar of the user, wherein the frame defines an open space between the left occlusal portion and the right occlusal portion, the space configured to be positioned proximate an incisor of the user; and

a flange coupled to the left occlusal portion and the right occlusal portion, the flange extending substantially perpendicular and mesial to the left and right occlusal portions; and

a thermoplastic moldable tray coupled to the frame.

125. The dental device of claim **124**, wherein the thermoplastic moldable tray extends beyond a lingual edge of

the left occlusal portion in a lingual direction and a lingual edge of the right occlusal portion in a lingual direction.

126. The dental device of claim **124**, wherein the thermoplastic moldable tray extends beyond a posterior edge of the left occlusal portion in a posterior direction and a posterior edge of the right occlusal portion in a posterior direction.

127. The dental device of claim **119**, wherein the tension element allows for lateral movement of the first arch relative to the second arch when the tension element is engaged with both the first and second couplers.

128. The dental device of claim **119**, wherein the tension element is configured to exert a tensile force that pulls the first arch forward relative to the second arch when the tension element is engaged with both the first and second couplers.

129. A dental device comprising:

a first arch configured to engage at least some of the teeth of a user's dental arch and having a midline that aligns substantially with the anterior midline of the user's mouth when the first arch is inserted in the user's mouth;

a first coupler coupled to the first arch along the midline of the arch;

a second arch configured to engage at least some of the teeth of the user's second dental arch and having a midline that aligns substantially with the anterior midline of the user's mouth when the second arch is inserted in the user's mouth;

a second coupler coupled to the second arch;

a first tension element configured to removably engage the second coupler and the first coupler, the first tension element configured to maintain a forward position of the first arch relative to the second arch.

130. The dental device of claim **129** further comprising:

a third coupler coupled to the second arch; and

a second tension element configured to removably engage the third coupler and the first coupler, the second tension element configured to maintain a forward position of the first arch relative to the second arch.

131. The dental device of claim **130**, wherein the second and third couplers are spaced substantially equidistant from the midline of the second arch.

132. The dental device of claim **129**, wherein the first coupler comprises:

a post coupled to the first arch, the first tension element configured to engage the post; and

a cap configured to engage the post, the cap configured to prevent the first tension element from disengaging from the post when the cap and the first tension element are engaged with the post.

133. The dental device of claim **132**, wherein the cap is configured to removably engage the post.

134. The dental device of claim **129**, wherein the first tension element defines a first aperture and a second aperture, the first aperture configured to engage the first coupler, the second aperture configured to engage the second coupler.

135. The dental device of claim **129**, wherein the first arch comprises:

a frame comprising:

a left occlusal portion configured to be positioned proximate at least one of a left bicuspid or a left molar of the user;

- a right occlusal portion configured to be positioned proximate at least one of a right bicuspid or a right molar of the user, wherein the frame defines an open space between the left occlusal portion and the right occlusal portion, the space configured to be positioned proximate an incisor of the user; and
- a flange coupled to the left occlusal portion and the right occlusal portion, the flange extending substantially perpendicular and mesial to the left and right occlusal portions; and
- a thermoplastic moldable tray coupled to the frame.

136. The dental device of claim **135**, wherein the thermoplastic moldable tray extends beyond a lingual edge of the left occlusal portion in a lingual direction and a lingual edge of the right occlusal portion in a lingual direction.

137. The dental device of claim **135**, wherein the thermoplastic moldable tray extends beyond a posterior edge of the left occlusal portion in a posterior direction and a posterior edge of the right occlusal portion in a posterior direction.

138. The dental device of claim **129**, wherein the first tension element allows for lateral movement of the first arch relative to the second arch when the first tension element is engaged with both the first and second couplers.

139. The dental device of claim **129**, wherein the first tension element is configured to exert a tensile force that pulls the first arch forward relative to the second arch when the first tension element is engaged with both the first and second couplers.

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