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Title: Efficacy of an oral appliance for the treatment of obstructive sleep apnea in a Brazilian population

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Body: Aim: the aim of this prospective study was to validate, in Brazil, the use of an MRA to treat OSA and primary snoring, comparing polysomnographic and Epworth Sleepiness Scale (ESS) data obtained prior to and during MAS treatment. Method: this study was carried out on 63 patients presented with different OSA severity or primary snoring, who were fitted to PMPositioner® between 2009 and 2011. The diagnosis was established by a polysomnogram (PSG) prior treatment and a PSG after 6 month verified the efficacy of MRA therapy. Subjective daytime sleepness was evaluated by ESS questionnaire prior to treatment and at the follow up. Results: The sample was divided in primary snoring and OSA group. For the primary snoring group, PSG variables did not show significant results, except for snoring decreasing. For the OSA group the mean AHI has reduced from 23.0±11 to 5.3±4.0 ($p \leq 0.001$) and median ESS reduced significantly from 13.0(3-24) to 8.5(3-13). Complete response (AHI<5.0) was found in 25 (40%) of the patients; partial response (AHI ≤10) was found in 27 (43%) patients. Conclusion: The findings of the present study validate the efficacy of the adjustable PM Positioner® for the treatment of OSA in Brazilian patients. This appliance can provide safe treatment for OSA.