

Hans Rudolph and Singular Sleep Partner to Help Bearded OSA Patients

As a sleep medicine physician, I know firsthand the challenges that beards present in the evaluation and management of obstructive sleep apnea (OSA) patients. First of all, beards may mask anatomical problems that predispose patients to OSA. Sleep medicine physicians refer to this as a "positive beard sign," meaning that many men with small (micrognathic) or recessed (retrognathic) lower jaws wear beards because they look better with them. The beard covers up their underdeveloped mandible but may make it less obvious to their physicians that they are at an increased risk for OSA. Bearded patients present difficulties in diagnostic testing because certain sensors used in in-lab sleep studies may be difficult to adhere to the skin of the face. Due to this factor, bearded patients may be better suited for a [home sleep test](#).

The biggest obstacle to well-treated OSA that bearded men face is probably maintaining a good mask seal during the night. The cushions of nasal and full face masks are designed to seal directly to the skin of the face, and facial hair interferes with the vacuum effect that holds these masks in place. Nasal pillows may be a good option when dealing with beards, but patients that require higher pressure often have a difficult time with nasal pillows masks. In fact, in my experience, as CPAP pressures get above an average of about 10 cm of water, most patients will do best with a full face mask due to the tendency for the higher pressure to push the mouth open and cause "mouth leak." One effective solution is to shave the beard or trim it down so that it is very short; usually the beard has to be kept no longer than the length that a #2 razor guard produces to achieve a good seal. Hans Rudolph has introduced a novel solution with its [Quest](#) and [V2](#) full face masks. The design of these masks promotes a better seal in bearded men and may be a great solution for gentlemen who wish to both keep their beards and maintain their health by effectively treating their OSA. [Singular Sleep](#) has partnered with Hans Rudolph to offer exclusive discounts on these high-quality masks. Please visit our [online sleep store](#) to learn more.

Yours in better sleep,

Joseph Krainin, M.D., FAASM
Founder, Singular Sleep