



Small enough to fit in the palm of your hand

For Custom Comfort and Quality



- Permits normal mouth opening
- Allows speech and drinking
- Safe and effective
- Clinically validated
- Custom fit
- Full lip-seal
- Easily adjustable
- Warranty against breakage

The SomnoDent appliances are custom made from the highest quality acrylic that will not fade or discolor and are designed to offer solidity, comfort and quality.

Can be designed for patients with no upper teeth and made from either acrylic or a unique flexible material.

All appliances are easily adjustable and customized to advance your lower jaw and permit improved oxygen flow while sleeping.



## What About You? Take this Quiz:

Do you snore every night?

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Are your friends and family bothered by your snoring?

~

Do you have breathing pauses at night?

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Do you suffer frequently from headaches?

~

Do you wake up feeling tired even after getting a full night's sleep?

~

Do you feel tired during the day?

~

Do you easily fall asleep during sitting activities?

~

Do you suffer from high blood pressure?

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# SNORING & OSA

(Obstructive Sleep Apnea)

## Are you Tired of Snoring?

Ask us how you can sleep, breathe, and live better!



PEGGY BOWN  
DENTISTRY



# Obstructive Sleep Apnea is a serious condition

**Do you suffer from OSA?** OSA has been linked to excessive tiredness, depression and reduced resistance to infection. When left untreated OSA can increase the risk of heart attack, hypertension, stroke, high blood pressure, diabetes, colds and even death.

It can have a significant impact on quality of life, placing unnecessary strain on relationships between bed partners, family and the work place. If you have OSA or display symptoms of OSA such as loud snoring, excessive daytime sleepiness, fatigue, and witnessed apneas, it is essential that you seek the right treatment option.

**What causes OSA?** During sleep muscles relax, including those that control the tongue and the throat. The soft tissue at the back of the throat can sag, narrowing the airway. Incoming air then makes the tissue at the rear roof of the mouth (the soft palate), flap of skin hanging from the palate (uvula) and the throat vibrate – a sound we know as snoring. Loud snoring can be a sign of a more serious problem – OSA. This is where the airway becomes completely blocked and breathing stops. The brain then detects the lack of oxygen and prompts a momentary arousal to draw breath. Although OSA sufferers may experience hundreds of these apnea events per night, they are unlikely to remember any of them. In fact, if the sufferer lives alone or sleeps separately, they may not be aware of the condition, even after many years.

# OSA Q & A

## Who can benefit from this appliance?

The SomnoDent is recommended for:

- ✓ Snoring (even if you do not have OSA)
- ✓ Mild to Moderate Sleep Apnea
- ✓ Severe Sleep Apnea (if unable to wear CPAP)
- ✓ Alternatively with CPAP (practical when traveling)

Ref.: Fleetham et al., (2006).  
Canadian Thoracic Society Guidelines

## What is the first step?

Only a Physician can diagnose whether or not you have sleep apnea. We can help with a referral if desired.

We require that you have a Level III Sleep study performed before considering any kind of treatment for your snoring or sleep apnea.

Proper diagnosis is critical in determining the best treatment.

