

“How To” **STOP SNORING** End Your Sleepless Nights and Your **SLEEP APNEA!**

machine consistently—even the most severe cases!

Oral Dental Appliances Really Work!! With an Almost "30-Year Track Record" to Prove It!

Oral appliance therapy for the treatment of sleep apnea has actually been around for nearly three decades!

According to the *American Academy of Dental Sleep Medicine*, modern oral appliance therapy for sleep apnea was first introduced in 1983. Current literature reports that the majority

of those who use a Sleep Apnea Dental Appliance experience a **higher success rate and longer-term compliance** compared to other methods.

Using this type of appliance could also improve your **OVERALL HEALTH!**

You May Have Sleep Apnea and Not Even Know It!!

Approximately 18 million Americans suffer from sleep apnea. However, up to 90% of them are undiagnosed!!

Not knowing you have it... or ignoring it...won't make it go away!

Depending on the type of oral appliance used, studies have shown up to a **99% success rate at eliminating snoring and an average 75% success rate in reducing episodes of mild to moderate sleep apnea.**

That's why more and more patients are turning to **proven, FDA-cleared Dental Sleep Apnea solutions!**

No more feeling tired all day! No more waking up at night gasping for air! No more keeping others up with your snoring! If you're a candidate for oral appliance therapy...**your life will improve with more restful sleep and it will enhance your overall health!!**

You probably would not have thought the first and best place to seek help for a sleep disordered breathing problem would be a dental office!

However, it's actually the first place that many patients go when diagnosed with sleep apnea!

New medical guidelines have been issued by the *American Academy of Sleep Medicine*.

Oral appliances are now recommended as the first option for mild to moderate sleep apnea and the next option for patients who won't use their *Continuous Positive Air Pressure (CPAP)*

How to Spot Sleep Apnea:

- Choking or gasping at night
- Sore/dry throat upon awaking
- Morning headaches
- Loud snoring
- Tired all day
- Forgetfulness
- ED (men)/decreased libido (women)



Imagine Eliminating Your "Sleep Apnea" With a Comfortable Oral Dental Appliance!

Sleep Apnea is a condition that causes you to literally **STOP BREATHING** in your sleep, several times a night!

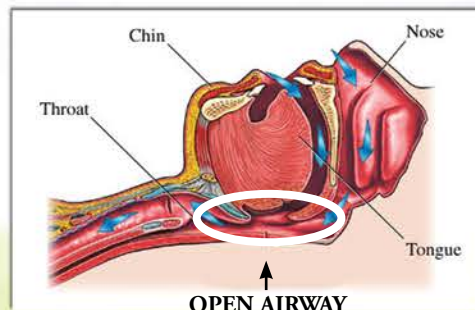
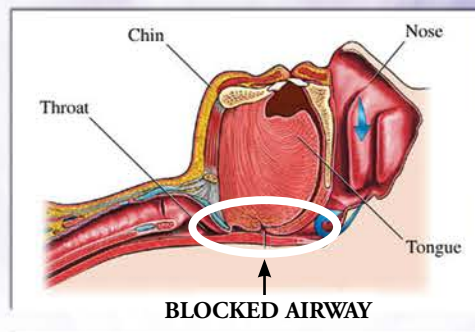
Excess weight, natural aging, menopause, lifestyle, health history and genetics put you at greater risk for this potentially life-threatening condition.

What compromises your airway?

When you fall asleep, your muscles relax and your lower jaw may drop back. The soft tissues in your throat and mouth can actually relax too much and block your airway!! Since you can't breathe, your brain starts losing oxygen and releases stress hormones that can be very harmful to your health over time.

These episodes can last 10 to 20 seconds each and occur hundreds of times throughout the night. **Every night!** You may not even be aware of what's going on since you're partially asleep. You just wake up in the morning feeling like you been through a battle.

It's no wonder you're exhausted when you wake up and all throughout the day!!



Chronic sleep deprivation results in slow reflexes, poor concentration and an increased risk of you falling asleep at the wheel!

Stop suffering silently in misery when we have an affordable, proven solution that's worked for almost 30 years!!

Get Your Sleep, Your Health and Your Life Back on Track!

Discover how your custom-crafted, easy-to-wear Sleep Apnea Dental Appliance can **improve the quality of your sleep and the quality of your life!!**

Appliances used to treat sleep apnea resemble a mouth guard or precision orthodontic retainer. **Your dental appliance is custom molded to fit your mouth comfortably!!** Let's face it: You're more likely to use something that's comfortable!

Our oral appliances simply hold your tongue and jaw comfortably in the correct position as you sleep to make sure your airway stays clear.

Imagine what uninterrupted sleep can do for you!

You'll wake up refreshed and stay alert all day. You could even enjoy other health benefits such as improved blood pressure. You'll be able to travel without worry. Once again, you can enjoy normal sleeping patterns alongside your partner! ❖

Get "Proven Relief" NOW!

Whether you're exploring your treatment options or currently use CPAP and agonize over being hooked up to a machine every night... **we can show you more options that may work better for you!**

CPAP utilizes a mask, headgear and hoses that are attached to a machine which blows pressurized room air into your airway in order to keep it open.

On the other hand, our oral dental appliances keep the airway open by gently positioning the lower jaw forward and preventing the tongue from falling back over the airway.

Find out how our tested, proven, FDA-cleared Sleep Apnea Dental Appliances can correct the cause of your snoring and sleep apnea—without CPAP or surgery!! ❖

- No unsightly and claustrophobic face mask!
- No cumbersome hoses!
- No bothersome boost of air!
- No more huge, loud machine to hassle with!

CPAP FAILS 100% of the Time

When Not Used EVERY Night!

Are you frustrated knowing how much CPAP can help you but dread the mere thought of enduring one more night of it!

Granted, CPAP is an effective treatment for sleep apnea when used consistently and correctly. However, it's not uncommon to hear patients describe it as "intolerable" or "sheer torture" and quit using it consistently!

Others unknowingly pull it off as they sleep and most complain of the restricted movement. **The truth is, the vast majority of CPAP users end up laying it aside and do absolutely nothing with it!!**

That's why more than half of those prescribed CPAP never get the relief they want and continue to be

a ticking time bomb for a serious health problem!

There are no two ways about it. CPAP is uncomfortable, cumbersome and confining! It does nothing for romance and can be a real problem for couples who can't adjust to the nightly routine. And for those on the go, CPAP can put the skids on travel!

There's even evidence that CPAP may adversely affect cardiac output and renal function!!

Good News! There IS a Better Way!!

There are different types of surgeries available to treat sleep apnea to open the airway; however, you may not be a candidate for surgery.

And no surgery comes without risk.

Aside from CPAP, **the only other non-invasive treatment alternative for sleep apnea that has been proven to produce favorable results within a short time is an oral Dental appliance!**

Airway collapse is prevented by gently repositioning your lower jaw and palate, which helps to bring your tongue forward as you sleep.

Oral appliance therapy can reduce snoring, resolve sleep apnea, increase the amount of oxygen intake, eliminate daytime sleepiness and allow you to function normally again!! ❖

WARNING!

"Sleep Apnea" Has Been Linked to...

- Depression
- High blood pressure
- Heart attack and heart failure
- Stroke
- Obesity
- Diabetes
- Arrhythmia (irregular heartbeats)
- Work-related or driving accidents

Discover how we can help you! **CALL TODAY!**