



"We're sleeping better...thanks to our dentist!"

One third of the population snores

It is estimated that more than 90 million people in North America snore while sleeping.¹ Spouses and children are often repeatedly disturbed during their sleep cycles by a snoring family member, which can lead to tensions and animosity.

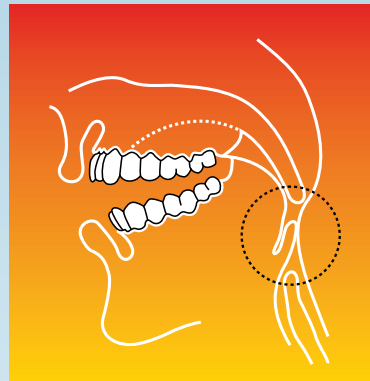
Snoring can kill you, according to a UCLA School of Dentistry study: the struggle for breath can result in soaring blood pressure, which can damage the walls of the carotid arteries and increase the risk of stroke.² Fortunately, using the SILENT NITE snore prevention device, dentists can now provide most persons with cost-effective relief.

What causes snoring?

During sleep, the muscles and soft tissues in the throat and mouth relax making the breathing airway smaller. This decrease in the airway space increases the velocity of air flowing through the airway during breathing. As the velocity of required air is increased in the constricted space, soft tissues, like the soft palate and the uvula, vibrate. The vibrations of these soft tissues in the mouth and throat result in what is called "noisy breathing" or generally referred to as snoring.³ It should also be noted that sleep studies have shown

that excess body weight, heavy alcohol consumption and other sedatives have been shown to increase the severity of snoring.^{4,5}

Surgical techniques to remove respiration impairing structures, such as the uvula, enlarged tonsils and adenoids, have been among the many attempted snoring remedies. These soft tissue surgical procedures have shown only moderate success rates (e.g., 20 to 40 percent).⁵ At certain levels of severity, complete blockage of the airway space by the soft tissues and the tongue can occur. If the period of asphyxiation lasts longer than 10 seconds, this is called Obstructive Sleep Apnea



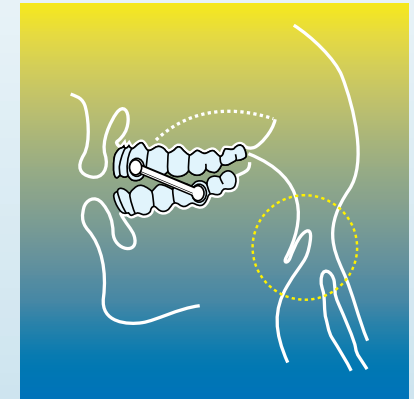
Relaxed and collapsed airway produces soft tissue vibrations during breathing, which result in snoring.

(OSA).⁶ OSA can be a serious medical condition and your dentist may refer you to a sleep specialist. For the majority of snorers, however, the most affordable, non-invasive, comfortable, and effective snoring solution remains the dentist prescribed oral snoring preventative device, such as the SILENT NITE.

How does the SILENT NITE prevent snoring?

Snoring research has also shown that custom-fabricated dental devices worn at

night that move the lower jaw into a forward position, increase the three dimensional space in the airway tube which



The SILENT NITE device prevents snoring by opening the airway and making breathing easier.

reduces air velocity and soft tissue vibration.⁷ By increasing the volumetric capacity of the airway and preventing soft tissue vibrations, snoring is eliminated. In clinical research studies, these dentist prescribed oral devices have exhibited initial snoring prevention success rates of between 80 to 100 percent.^{7,8,9}

The SILENT NITE device positions the lower jaw into a forward position by means of special connectors that are

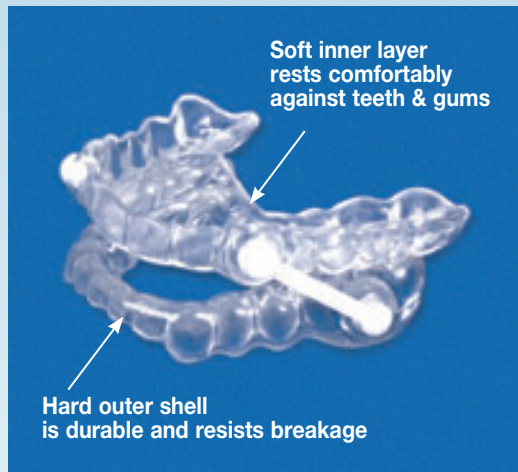


The special connectors position the jaw to keep the airway open and prevent snoring.

attached to transparent flexible upper & lower forms. The forms are custom laminated with heat and pressure to the dentist's model of the mouth. The fit is excellent and comfortable.

Breathing is easier with SILENT NITE

SILENT NITE devices do not interfere with breathing through the mouth. Even in cases of congested nasal passages, the device prevents snoring and allows uninhibited oral breathing. Small movements of the jaw (temporomandibular joint or TMJ) are possible while wearing a SILENT NITE device. This movement potential helps minimize stiffness in the joints of the jaw in the morning. The SILENT NITE device may produce a slight sensation of the jaws being out of alignment upon waking. This feeling is due to lymphatic



fluid build up in the jaw joint that occurs overnight and will rapidly subside in minutes. SILENT NITE devices help promote deeper, more restful sleep by preventing snoring.

More restful sleep may be in your future

Your dentist has a simple checklist that will help determine the exact design of your SILENT NITE. Your dentist will also be able to advise you whether this device could help you or your loved ones obtain better, more healthful and restful sleep.

References:

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Ask your dentist for more information.

SNORE PREVENTION



Your dentist can treat snoring!



SILENT NITE®

Dentist Prescribed
Snoring Prevention Device