



**Tired of  
snoring?**



**Sleepy  
during  
the day?**

**Sleep  
is vital.**



**Talk to your dentist about oral appliances  
for snoring and sleep apnea.**



## Snoring and obstructive sleep apnea are very common breathing disorders.



**59%**  
of adult  
MEN  
SNORE<sup>1</sup>



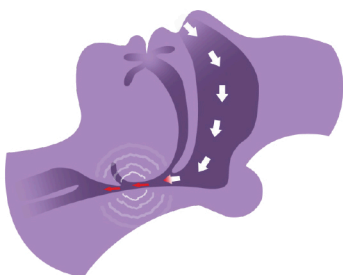
**46%**  
of adult  
WOMEN  
SNORE<sup>1</sup>



**54%**  
OF COUPLES  
are affected by  
SNORING<sup>2</sup>

**Between the ages of 30 and 70, 34% of men and 17% of women have Obstructive Sleep Apnea (OSA).<sup>3</sup>**

These conditions share a common physical cause: during sleep, the muscles relax and partially close the upper airway located behind the tongue (pharynx). Breathing effort is required to open the airway causing vibration of the soft tissues of the throat (uvula, soft palate, walls of the pharynx).



### Snoring:

Vibration of the tongue and soft tissues caused by partial collapse of the airway

### Obstructive Sleep Apnea (OSA):

Partial or complete obstruction of the airway caused by soft tissue collapse.



Chronic snoring is associated with a decrease in oxygen in the blood which tires the heart. Sometimes brief unconscious arousals (micro-arousals) occur which interrupt restful sleep. The sound can be as loud as the sound of a truck.



Ref.: <sup>1</sup> N. Bhattacharyya. 2015;

<sup>2</sup> P. Norton et coll. 1985, Enquête Ipsos, 2007; <sup>3</sup> P.E. Peppard et coll. 2013

## Symptoms of Sleep Apnea

**Interruption of breathing during sleep**  
**Falling asleep during the day**  
**Restless sleep • Loud snoring • Irritability**  
**Forgetfulness • Anxiety • Depression**  
**Morning headaches • Mood or behavior changes**

Obstructive Sleep Apnea (OSA) is a complete (apnea) or partial (hypopnea) reduction in airflow through the upper airways which occurs repeatedly throughout the night. It causes drops in blood oxygen that prompt the brain to wake the body in order to restore muscle tone and normal breathing. This disruption to restful sleep can cause significant fatigue and daytime sleepiness.

## Sleep Apnea Health Problems

Untreated snoring often worsens over time and may develop into OSA.

**Hypertension • Stroke • Diabetes • Depression**  
**Insomnia • Daytime Drowsiness**  
**Heart Attack • Memory Loss**

## Sleep Apnea Social Risks

**Road traffic accidents • Occupational accidents**  
**Reduced productivity at work**  
**Marital and family problems**

## Sleep Apnea & Snoring Impact on Bed Partner

**Disrupted bedtime • Disturbed sleep • Fatigue**  
**Irritability • Insomnia • Anxiety • Headaches**  
**Separation (sleeping apart)**

# Talk To Your Dentist or Doctor about Diagnosis

Treating your snoring and OSA will improve your quality of life and help prevent serious health problems. If you snore on a regular basis, your dentist or doctor can help you get diagnosed.

A simple test can be done in a sleep center or at home to assess the seriousness of the problem. Depending on the diagnosis, you may be given a prescription for the appropriate treatment.

## Treatment Options

### Changes in lifestyle

- Lose excess weight
- Exercise
- Avoid alcohol and sleeping pills
- Sleep on your side
- Quit smoking

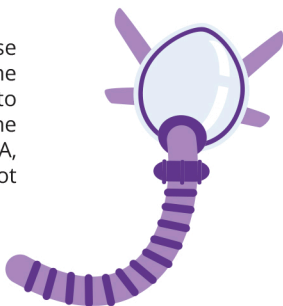


### Mandibular Advancement Devices (MAD)

A MAD is a dental appliance that holds your lower jaw (mandible) slightly forward as you sleep. This keeps the airway open by pulling the tongue and soft tissues forward.

### Continuous positive airway pressure (CPAP)

You wear a mask over your nose and/or mouth connected to a machine that delivers a constant flow of air to keep your airways open. CPAP is the most common treatment for OSA, however many patients cannot tolerate it.



### Surgery

Usually only an option after other treatments have failed. However, for a small number of people with certain jaw structure problems, it's a good first option.



## **Custom-made Mandibular Advancement Devices (MAD)**

Custom MADs are a convenient, immediate, non-invasive treatment option to improve airflow and reduce vibration (snoring) and airway closures (apneas). Their effectiveness has been demonstrated in clinical studies.<sup>4</sup>

The treatment of snoring and Obstructive Sleep Apnea (OSA) with mandibular advancement devices can be managed by your qualified dentist.

### **Custom-made MADs are recommended for:<sup>5</sup>**

- **Snoring without OSA**
- **Mild to moderate OSA**
- **Severe OSA when the patient cannot tolerate CPAP**



**MADs can also be used as an alternative to CPAP during periods of travel or in combination with CPAP**





## An Innovative Solution

D-SAD Mandibular Advancement Devices (MADs) from Panthera Sleep are designed for optimum comfort, allowing you to drink and speak normally.

They are custom-made from dental impressions using medical grade nylon in an ultra-modern digital manufacturing process.



**D-SADs are covered by a  
3 year manufacturer's warranty.**

### This means D-SADs are:

- Discrete, comfortable and easy to use.
- Strong and durable, making them unlikely to break inside or outside the mouth.
- Easy to clean.
- Precisely engineered to fit the teeth and jaw of each patient, ensuring a good fit and minimizing the chance of any oral discomfort.

### Benefits:

- Eliminates snoring.
- Improves sleep, morning energy and quality of life.
- Prevents deterioration of sleep breathing disorders and reduces risk of associated diseases.
- Protects partner's sleep and improves quality of life.

## Who is Panthera Sleep?

Panthera Sleep is a division of Panthera Dental, a medical technology company that designs and manufactures dental prosthetic, implantology and sleep breathing solutions using cutting-edge CAD/CAM processes and superior quality materials.

**Find out more:  
[WWW.PANTHERASLEEP.COM](http://WWW.PANTHERASLEEP.COM)**