

Snoring and OSA – Quick Facts

- 45 percent of all adults snore occasionally.
- At least one quarter of all adults are habitual snorers.
- Age, weight, alcohol, smoking and sedative drugs can increase the problem.
- Obstructive Sleep Apnea (OSA) is a serious medical disorder.
- Habitual snoring may be a warning sign of this condition.
- Affects 2 percent of women and 4 percent of men over 30.
- Occurs when the tongue and/or uvula blocks the airway completely during sleep.
- OSA sufferers awaken briefly many times an hour to gulp for air.
- Can result in fatigue, irregular heartbeats, cardiovascular disease and high blood pressure.

What Can You Do To Decrease Snoring?

Mild or occasional snorers may find relief with the aid of a lifestyle change:

- Lose excess weight.
- Get regular exercise.
- Avoid smoking.
- Avoid tranquilizers, sleeping pills or antihistamines before going to bed.
- Avoid alcoholic beverages within four hours of bedtime.
- Avoid heavy meals within five hours of going to bed.
- Sleep on your side, rather than on your back.
- Raise the head of the bed.

Caring for your new EMA Appliance

1. Your dental staff will instruct you on how to insert and remove your EMA.
2. Clean your appliance every morning with cold water or room temperature water (NOT hot water), or with a toothbrush and paste.
3. If a white film begins forming on the appliance, it may be soaked in a denture cleaning solution such as Polident or Efferdent.
4. The straps can be left on during the cleaning process.
5. DO NOT place the appliance in mouthwash.
6. Never allow the appliance near high temperatures.
7. Maintain proper oral hygiene including visits to your dentist every 6 months.

Snoring Keeping You Awake?

Get a Good Night's Sleep with the EMA[®] Appliance!



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Troubled by Snoring or Obstructive Sleep Apnea (OSA)?

Get a Good Night's Sleep with the EMA[®] Appliance!



If you snore habitually, or live with someone that does, you know that it's no joke. Habitual snoring not only causes other family members sleepless nights — disrupted sleep patterns can also affect the snorer's daytime

performance and health due to fatigue, irritability and morning headaches.

Contrary to popular belief, snoring isn't simply a bad habit that a person can be trained to give up. In 80-90% of the cases, snoring occurs when the muscles at the back of the throat relax during sleep and narrow the air passage in the back of our nose and throat. If the uvula (that conspicuous dollop of fleshy tissue hanging at the back of the throat) extends into the air passage, the situation only gets worse. As the person breathes during sleep, the passage of air through the narrowed opening causes the characteristic "rattling" sound of snoring.

Aside from being a nuisance, snoring may also be a warning sign of a much more serious medical disorder, Obstructive Sleep Apnea (OSA)*. This occurs when excess tissue blocks the airway completely and individuals literally cannot breathe while asleep. They must wake briefly, many times an hour, to gulp for air. Because it occurs when they are asleep, some people with OSA are completely unaware that they have the condition. However, they may suffer the consequences of the struggle to maintain nighttime breathing: fatigue, irregular heartbeats, cardiovascular disease and high blood pressure. Snoring, without apnea, is not usually harmful to your health. Many snorers do not have significant OSA. However, careful medical attention is required to ensure OSA is properly diagnosed and treated.

* If you snore, you should receive a thorough medical examination of the nose and throat to determine the cause of the snoring and the best way to treat it. Your physician or sleep specialist may recommend a sleep test. If your physician recommends an oral appliance as a solution for you, cooperation in caring for and in wearing that appliance as instructed is absolutely essential. Your appliance must be worn each night to produce the desired effect. Regardless of how long it is worn, it is not a cure. The symptoms of OSA and/or snoring will return when you stop using the appliance.



Now, There's An Answer!

The EMA[®] Snoring and OSA Appliance

Created specifically to meet your individual requirements, the FDA approved EMA appliance is an effective, patient-friendly treatment for snoring and mild OSA*! Precisely custom-fitted by your dentist, EMA resembles and fits like a set of orthodontic retainers or athletic mouthguards. Interchangeable patented bands of varying elasticity are fitted to these "retainers" and gently move the lower jaw and tongue forward while still allowing the jaw to move in all directions. This causes forward movement of the tongue, preventing the soft throat tissues from collapsing and obstructing the airway.

- Worn in the mouth during sleep.
- Reduces or even eliminates snoring in most people and may significantly relieve the symptoms of OSA.
- Completely reversible and non-invasive (i.e., no surgery involved).
- Upper and lower "retainers" molded to the shape of your teeth ensuring incredible retention and a personalized fit.
- Easily inserted over the upper and lower teeth.
- Specifically designed not to encroach on tongue space.

Best of all, once adjusted to meet your individual situation, it will give you that good nights sleep you've been looking for.