

Do you think you may suffer from OSA?

Do you or your partner think you may suffer from obstructive sleep apnea? Answer these questions to find out if you should speak to your doctor.

Sleep Apnea Questionnaire

Do you snore loudly (louder than talking or loud enough to be heard through closed doors) more than 3 times per week?	YES	NO
Has anyone ever told you that you stop breathing or gasp during sleep?	YES	NO
Do you have trouble concentrating during the day?	YES	NO
Have you had, or are you currently being treated for, high blood pressure?	YES	NO
Do you occasionally doze off or fall asleep during the day when you are not busy or active?	YES	NO
Total Score:		

If you checked YES for 3 or more answers, talk to your physician about a sleep apnea test.

And, ask about the difference **OPTISLEEP** could make for you.

GET THE UNINTERRUPTED SLEEP YOU DESERVE



With **OPTISLEEP**, you'll experience a smooth process from the start:

- *Completely digital process - no need for messy impressions*
- *Thin design for a natural feel*
- *Greater comfort and better sleep*

To find out more, ask your dentist about OPTISLEEP.



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Don't let obstructive sleep apnea keep you up at night

TAKE BACK CONTROL WITH OPTISLEEP



*Ask your dentist how **OPTISLEEP** can give you a better night's rest*

References: 1. National Heart, Lung, and Blood Institute. What Causes Sleep Apnea?. <http://www.nhlbi.nih.gov/health/health-topics/topics/sleepapnea/causes>. Accessed January 12, 2016. 2. American Academy of Dental Sleep Medicine. Oral Appliance Therapy. <http://www.aadsm.org/oralappliances.aspx>. Accessed January 22, 2016.

What is obstructive sleep apnea (OSA)?

OSA is a common disorder that causes breathing pauses while you sleep. These breathing pauses may occur 30 times or more an hour.¹ As a result, your quality of sleep suffers, making you tired during the day.

On top of that, you are often not the only one suffering — it may also affect your partner as well. Loud and consistent snoring can keep him or her awake at night and take a toll on his or her well-being.

What causes obstructive sleep apnea?

Some causes of OSA are:¹

- Enlarged tongue and/or tonsils
- Overweight
- Narrow airways
- Aging

OSA can increase the risk of:¹

- High blood pressure
- Heart attack, stroke, or irregular heartbeat
- Severe weight gain
- Diabetes
- Loss of libido
- Work-related or driving accidents

How can obstructive sleep apnea be treated?

Treatment for OSA depends on a physician's diagnosis. One effective option for mild-to-moderate OSA is the use of an oral appliance.

Oral appliances are worn during sleep and support the jaw in a forward position, allowing the upper airway to stay open.²

Wearing an oral appliance can help relieve OSA and allow you and your partner to get a better night's sleep.

Better sleep today for a better tomorrow

OPTISLEEP is an advanced oral appliance by design. It helps control your OSA and offers great comfort from the start.



Digital technology

OPTISLEEP is the only oral appliance that is planned and created using a completely digital process. By using 3D software your doctor can visualize any problems with your airway and how **OPTISLEEP** may help.

The digital planning of **OPTISLEEP** ensures a high level of accuracy and helps to protect the mandibular joints.



A better fit & natural feel

OPTISLEEP is made using cutting-edge technology that eliminates the fitting process altogether. With **OPTISLEEP**, there is no need for unpleasant impressions.

OPTISLEEP is thin, durable, and comfortable. It is a 2-piece appliance that enables you to open your mouth naturally to speak or drink. And, it helps control your loud snoring.

OPTISLEEP encourages the sealing of your lips so you can breathe normally through your nose.

OPTISLEEP gives you — and your partner — the *undisturbed sleep you need today so you're ready to take on tomorrow!*

