

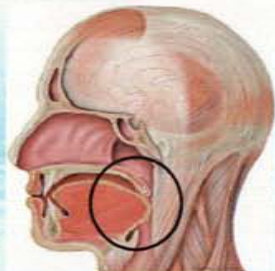


What can I do about Snoring?

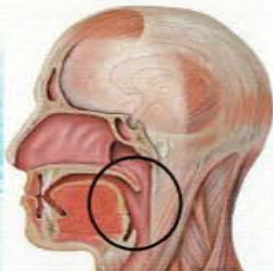
If you feel your snoring is a problem, discuss it with your dentist or doctor. You may be a suitable candidate for *The Moses*TM appliance (oral airway dilator), which is one of the most efficient and effective methods for treating primary snoring and obstructive sleep apnea.

How does *The Moses*TM work?

*The Moses*TM is fitted by your dentist and works by moving your lower jaw and tongue forward, thereby creating more space for you to properly breathe during the night. This reduces or eliminates snoring. However, you must be aware that snoring can indicate a more serious problem called Obstructive Sleep Apnea (OSA).



Closed airway;
without an oral
appliance



Open airway; with
an oral appliance

How does snoring indicate Obstructive Sleep Apnea?

Snoring is often a precursor to something more serious called Obstructive Sleep Apnea. Snoring and OSA are similar respiratory sleep disorders.

Snoring occurs when the air you breathe vibrates the tissues of the airway due to a *blocked or narrowed airways (nose, mouth or throat)*.

OSA occurs when your breathing regularly stops or is slowed for 10 seconds or longer due to *blocked or narrowed airways (nose, mouth or throat)*.

Airway blockage may be caused by excess tissue in the throat or nasal passages, large tonsils, a large tongue and sometimes the structure of the jaw itself.

Why is Obstructive Sleep Apnea a serious problem?

Your body is being robbed of the rest it needs to function properly during the day when you are constantly awoken throughout the night.

OSA symptoms include:

- Excessive daytime sleepiness
- Feeling exhausted after a normal night of sleep
- Headaches
- Depression

Symptoms that your bed partner is likely aware of:

- Frequent episodes of obstructed breathing during sleep
- Snoring, gasps, choking or gurgling sound
- Bruxism (tooth grinding)

Long term symptoms:

- Increased risk for hypertension and cardiovascular disease
- Sexual dysfunction
- Compromised immune system
- Irritability
- Learning and memory problems
- Poor mental and emotional health

OSA is classified as mild, moderate, or severe, depending on the number of apnea events (cessation of breath) or slow breathing (hypopnea) per hour.



Treatment Options:

In addition to lifestyle changes such as good sleep hygiene, exercise and weight loss, there are three primary ways to treat snoring and OSA:

- 1.) CPAP (Continuous Positive Airway Pressure),
- 2.) Surgery or 3.) Oral Appliance Therapy.

*The Moses*TM Oral Appliance is indicated for:

- Patients with primary snoring or mild to moderate OSA who do not respond to behavioral measures such as weight loss or sleep position change.
- Patients with moderate to severe OSA who are intolerant of or refuse treatment with nasal CPAP.
- Oral appliances are also indicated for patients who refuse treatment or are not candidates for tonsillectomy and adenoidectomy, craniofacial



THE BERLIN QUESTIONNAIRE:

- 1** 1. Do you snore?
a.) Yes b.) No c.) Don't know
- 2** 2. How loud is your snoring?
a.) Breathing b.) Talking c.) Louder than talking
d.) Very loud - can be heard in adjacent room
- 3** 3. How often do you snore?
a.) Nearly every day b.) 3-4 /wk c.) 1-2/wk
d.) 1-2 times/mo e.) Almost Never
- 4** 4. Has your snoring ever bothered others?
a.) Yes b.) No c.) Don't know
- 5** 5. Do you stop breathing during sleep?
a.) Nearly every day b.) 3-4 /wk c.) 1-2/wk
d.) 1-2 times/mo e.) Almost Never
- 2** 6. How often do you feel tired after sleep?
a.) Nearly every day b.) 3-4 /wk
c.) 1-2/wk d.) 1-2 times/mo e.) Almost Never
- 7** 7. While awake, do you feel tired?
a.) Nearly every day b.) 3-4 /wk c.) 1-2/wk
d.) 1-2 times/mo e.) Almost Never
- 8** 8. Have you ever fallen asleep while driving?
a.) Yes b.) No
- 9** 9. If yes, How often does this occur?
a.) Nearly every day b.) 3-4 /wk c.) 1-2/wk
d.) 1-2 times/mo e.) Almost Never
- 3** 10. Do you have high blood pressure?
a.) Yes b.) No c.) Don't know

Score yourself
on the back!



SELF SCORING

1 Section

Score ONE POINT for the following:

- 1.) a
- 2.) c or d
- 3.) a or b
- 4.) a

Score TWO POINTS for the following:

- 5.) a or b

2 Section

Score ONE POINT for the following:

- 6.) a or b
- 7.) a or b
- 8.) a
- 9.) note only

3 Section

Score TWO POINTS for the following:

- 10.) a or BMI > 30

RESULTS

Bring these results to your next dental appointment. Your doctor can prescribe you *The Moses™* which can help you and your bed partner get restful sleep - without snoring.

High Risk=

2+ sections with TWO or MORE points

Low Risk:=

0-1 sections with TWO or MORE points

FOR MORE DETAILS, CALL OR STOP BY:

R. Greg Carroll, D.D.S.
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4618 Riverstone Blvd.
Missouri City, TX 77459
281-980-7777
www.InStyleSmiles.com



Is **SNORING** a
problem in your
household?



Are you **TIRED** of not
getting restful sleep?

If you answered **YES**, then you need
to take this test...

The Moses™

Oral appliance FDA cleared
for the treatment of

SNORING & OBSTRUCTIVE SLEEP APNEA

R. Greg Carroll, D.D.S.