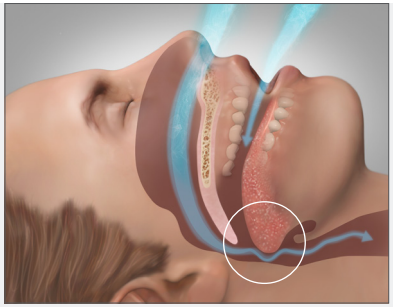
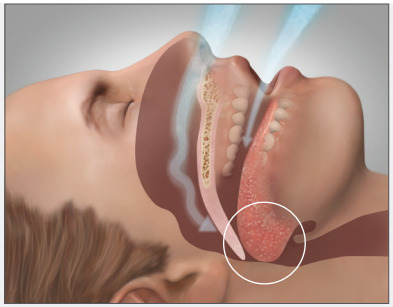
About Obstructive Sleep Apnea and Snoring



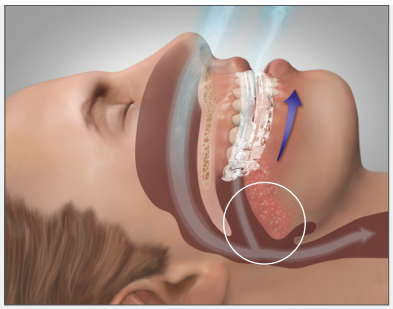
Snoring

During sleep, your tongue and throat tissues may relax enough to narrow your airway. Snoring is the sound that is produced when air passes through this partially blocked area causing tissues to vibrate.



Obstructive Sleep Apnea

OSA is a medical condition where your tongue and soft tissues actually close off your airway and stop air from entering your lungs. When this happens during sleep, the oxygen in your blood decreases, your heart races, and your brain panics–causing you to startle awake. After a few good breaths, the cycle repeats itself, all night long.



ProSomnus Sleep Device Symptom Alleviator

The ProSomnus Sleep Device gently holds your lower jaw forward while you are sleeping. This forward position advances your tongue and helps open your airway to reduce snoring and alleviate Obstructive Sleep Apnea symptoms.

ProSomnus® Sleep Devices are easy-to-use and comfortable devices that alleviate snoring and symptoms of Obstructive Sleep Apnea.



ProSomnus® Sleep Device

Ask your dentist if ProSomnus Sleep Devices are a good fit for you.

Visit ProSomnus.com to learn more about ProSomnus Sleep Devices.

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SLEEP TECHNOLOGIES

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Did You Know Snoring Can Be a Symptom of Major Health Risks?

If you or a loved one snores, ask your dentist if ProSomnus® Sleep Devices are a good fit.

The facts behind snoring and why it shouldn't be ignored:

Snoring is more than just a loud and annoying noise, it can be an indicator of a Sleep Breathing Disorder (SBD) that can be very serious. Approximately 42 million Americans have a SBD[1].

The most common form of a SBD is Obstructive Sleep Apnea, a medical condition where your tongue and soft tissues close off your airway and stop air from entering

The affects of OSA are alarming:

70% of heart attack patients have mild OSA[6]	86% of obese type 2 Diabetic patients suffer from Sleep Apnea[12]
43% of patients with mild OSA have Hypertension[5]	48% of type 2 Diabetes sufferers have Sleep Apnea[7]
100K car accidents annually[8]	4x more at risk for stroke[9]

- Sleep Apnea can also cause memory problems, weight gain, impotence, and headaches if not treated.
- Untreated OSA can lead to a 30% or more reduced survivability rate over the course of 20 years[11].
- Drowsy driving is responsible for, at the very least, 100,000 car accidents, 40,000 injuries, and 1,550 deaths per year[8].
- Approximately 38,000 deaths occur on an annual basis that relate to cardiovascular problems that in one way or another are connected to Sleep Apnea. These problems include high blood pressure, hypertension and stroke, among others[10].

PRO3-038-C

Signs and Symptoms of Sleep Apnea

- Inconsistent breathing during sleep
- Snoring
- Hypertension
- Depression
- Obesity
- Gasping, choking, or coughing during sleep
- Extreme sleepiness throughout the day
- Lethargic feelings
- Morning headaches
- Lack of interest in hobbies
- Dry mouth and/or sore throat in the morning
- Irregular heart beat
- Trouble concentrating or remembering things

More people have OSA than you think.

Prevalence similar to Asthma (20 million) and Diabetes (23.6 million of US population)[4]



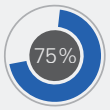
1 in 5 adults have mild OSA[2]



1 in 15 have moderate to severe OSA[2]



9% of middle-aged women and 25% of middle-aged men suffer from OSA[3]



75% of severe SDB cases remain undiagnosed[5]

[1]. Young et al. New Engl J Med 1993 [2]. Young et al. J Am Med Assoc 2004 [3]. Marshall et al. Sleep 2008 [4]. US Department of Health and Human Services, Centers for Disease Control and Prevention 2008 [5]. Young et al. Sleep 2008 [6]. Kuniyoshi et al. J Am Coll Cardiol 2008 [7]. O'Keeffe & Patterson. Obes Surg 2004 [8]. National Highway Traffic Safety Administration [9]. http://sleepdisordersguide.com/sleepapnea/sleep-apnea-statistics.html [10]. National Commission on Sleep Disorders Research [11]. Sleep Disordered Breathing and Mortality: Eighteen-Year Follow-up of the Wisconsin Sleep Cohort; Department of Population Health Sciences. Department of Medicine, University of Wisconsin-Madison, Madison, WI. Sleep. 2008 Aug 1; 31(8): 1071–1078 [12]. Sjostrom et al. Thorax 2002

Ask your dentist about ProSomnus Sleep Devices.

The good news is that your dentist may be able to help you. In partnership with medical doctors, your dentist can help you understand, screen, and treat your Sleep Apnea. With the use of a Sleep Apnea device, your dentist can provide you with a comfortable and easy-to-use option for a more restful sleep. Ask your dentist about ProSomnus Sleep Devices today.

OSA Simple Self-Assessment

Answer the questions below to find out if you might be at risk of having Obstructive Sleep Apnea.

Use the following scale to choose the most appropriate number for each situation:

0 = would never doze or sleep
1 = slight chance of dozing or sleeping
2 = moderate chance of dozing or sleeping
3 = high chance of dozing or sleeping

Sitting and reading _____

Watching TV _____

Sitting, inactive in a public place _____

As a passenger in a car for an hour or more _____

Lying down to rest in the afternoon _____

Sitting and talking to someone _____

Sitting quietly after a lunch (without alcohol) _____

Stopped for a few minutes in traffic while driving _____

TOTAL SCORE (add the scores up) _____

Talk to your dentist about your OSA self assessment.

Epworth Sleepiness Scale reprinted with permission of the Associated Professional Sleep Societies (Johns MW; A New Method for Measuring Daytime Sleepiness: The Epworth Sleepiness Scale. SLEEP 1991;14(6): 540-545).