

SNORE PREVENTION



**Your dentist
can treat
snoring!**



SILENT NITE®

Dentist Prescribed
Snoring Prevention Device



"We're sleeping better...thanks to our dentist!"

One Third Of The Population Snores

It is estimated that more than 80 million people in North America snore while sleeping.¹ Spouses and children are often repeatedly disturbed during their sleep cycles by a snoring family member, which can lead to tensions and animosity.

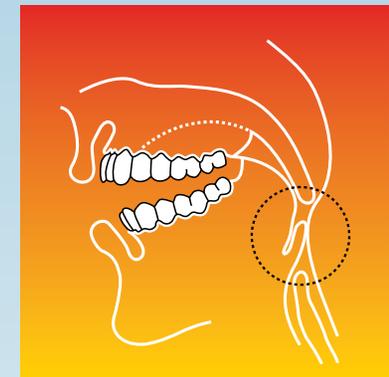
Snoring can kill you, according to a UCLA School of Dentistry study: the struggle for breath can result in soaring blood pressure which can damage the walls of the carotid arteries and increase the risk of stroke.² Fortunately, using the Silent Nite snore prevention device, dentists can now provide most persons with cost effective relief.

What Causes Snoring?

During sleep, the muscles and soft tissues in the throat and mouth relax making the breathing airway smaller. This decrease in the airway space increases the velocity of air flowing through the airway during breathing. As the velocity of required air is increased in the constricted space, soft tissues like the soft palate and the uvula vibrate. These vibrations of the soft tissues in the mouth and throat result in what is called "noisy breathing" or generally referred to as snoring.³ It should also be noted that sleep studies have shown that excess body weight, heavy alcohol consumption and other

sedatives have been shown to increase the severity of snoring.^{4,5}

Surgical techniques to remove respiration impairing structures such as uvula, enlarged tonsils and adenoids have been among the many attempted snoring remedies. These soft tissue surgical procedures have shown only moderate success rates (e.g. 20 to 40%).⁵ At certain levels of severity, complete blockage of the airway space by the soft tissues and the tongue can occur. If the period of asphyxiation lasts longer than 10 seconds, this is called Obstructive Sleep Apnea (OSA).⁶ OSA can be a serious medical condition and your dentist may refer you to a sleep specialist. For the majority



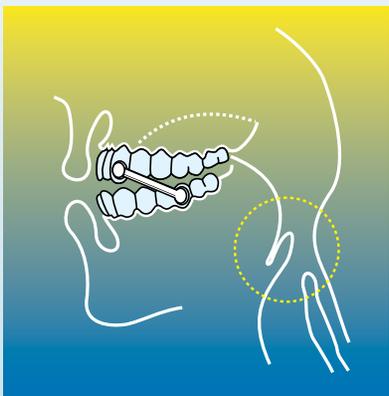
Relaxed and collapsed airway produces soft tissue vibrations during breathing which result in snoring.

of snorers however, the most affordable, non-invasive, comfortable, and effective snoring solution remains the dentist prescribed oral snoring preventative device, such as the SILENT NITE.

How Does The SILENT NITE Prevent Snoring?

Snoring research has also shown that custom fabricated dental devices worn at night that move the lower jaw into a forward position, increase the three dimensional space in the airway tube which reduces air velocity and soft tissue vibration.⁷ By increasing the volumetric

capacity of the airway and preventing soft tissue vibrations, snoring is eliminated. In clinical research studies, these dentist prescribed oral



The SILENT NITE device prevents snoring by opening the airway and making breathing easier.

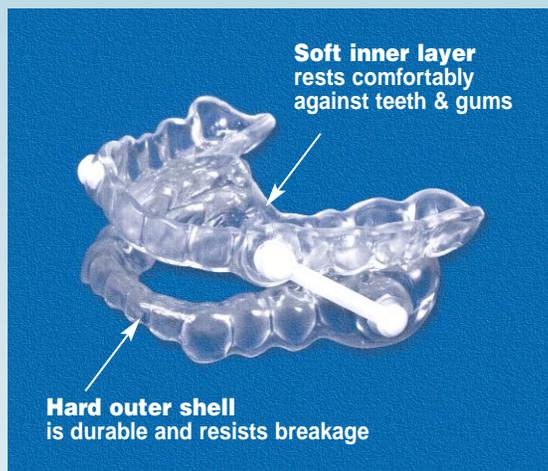
devices have exhibited initial snoring prevention success rates of between 70 to 100%.^{7,8,9} The SILENT NITE device positions the lower jaw into a forward position by means of special connectors that are attached to transparent flexible upper & lower forms. The forms are custom laminated with heat and pressure to the dentist's model of the mouth. The fit is excellent and comfortable.



The special connectors position the jaw to keep the airway open and prevent snoring.

Breathing Is Easier With A SILENT NITE

SILENT NITE devices do not interfere with breathing through the mouth. Even in cases of congested nasal passages the device prevents snoring and allows uninhibited oral breathing. Small movements of the jaw (temporo-mandibular joint or TMJ) are possible while wearing a SILENT NITE device. This movement potential helps minimize stiffness in the joints of the jaw in the morning. The SILENT NITE device may produce a slight sensation of the jaws being out of alignment upon waking. This feeling is due to lymphatic fluid build up in the jaw joint that occurs overnight and will rapidly subside in minutes. SILENT NITE devices help promote deeper, more restful sleep by preventing snoring.



More Restful Sleep May Be In Your Future

Your dentist has a simple take-home checklist that, when filled out with your partner, will help determine the exact design of your SILENT NITE. Your dentist will be able to advise you whether this device could help you or your loved ones obtain better, more healthful and restful sleep.

References:

1. Yuong T, Palta M et al, The occurrence of sleep disordered breathing among middle-aged adults. *New England Journal Of Medicine* 328 (17): pp.1230-5, 1993.
2. Friedlander AH, Yueh R, Littner MR, The prevalence of calcified carotid artery atheromas in patients with obstructive sleep apnea syndrome. *J Oral Maxillofacial Surgery* 56: p. 950, 1998.
3. Isono S and Remmers JE, Anatomy and physiology of upper airway obstruction. In: Kryger M, Roth T and Dement W, eds, *Principals and Practice of Sleep Medicine*, 2nd ed. WB Saunders and Co, pp. 642-56, 1994.
4. Browman CP, Sampson MG et al, Obstructive sleep apnea and body weight. *Chest* 85: pp.435-6, 1984.
5. Kopp Hans-Peter DDS PhD, *Snore Device Specifications*, Erkodent GmbH Siemen-strasse 3, 72285 Pfalzgrafenweiler, Germany: Telefax (49)-74-45-2092 .
6. American Sleep Disorders Association. *The International Classification of Sleep Disorders*. Rochester, MN, 1990.
7. Schmidt-Nowara W, Lowe A et al, Oral Appliances for treatment of snoring and obstructive sleep apnea: a review. *Sleep* 18(6): pp. 501-10, 1995.
8. Lowe A, Dental appliances for the treatment of snoring and obstructive sleep apnea. In: Kyger M, Roth T and Dement W, eds, *Principles and Practice of Sleep Medicine*, 2nd ed. WB Saunders Co, pp. 722-35, 1994.
9. Clark GT, Arand D et al, The effect of anterior mandibular positioning on obstructive sleep apnea. *American Review Respiratory Distress* 147: pp. 624-9, 1993.

Ask your dentist for the SILENT NITE questionnaire.

Watch a free video at
www.glidewell-lab.com
Just click on the Silent Nite Video Online

GLIDEWELL LABORATORIES
Serving Dentists Since 1970
© 2002 Glidewell Laboratories