

**APNEA  
SYMPTOMS**



Loud snoring



Scalloped tongue



Morning headaches



Worn or fractured teeth



Daytime sleepiness



Memory loss



Irritability



Small airway



Neck larger than 17"  
for men or 15" for women

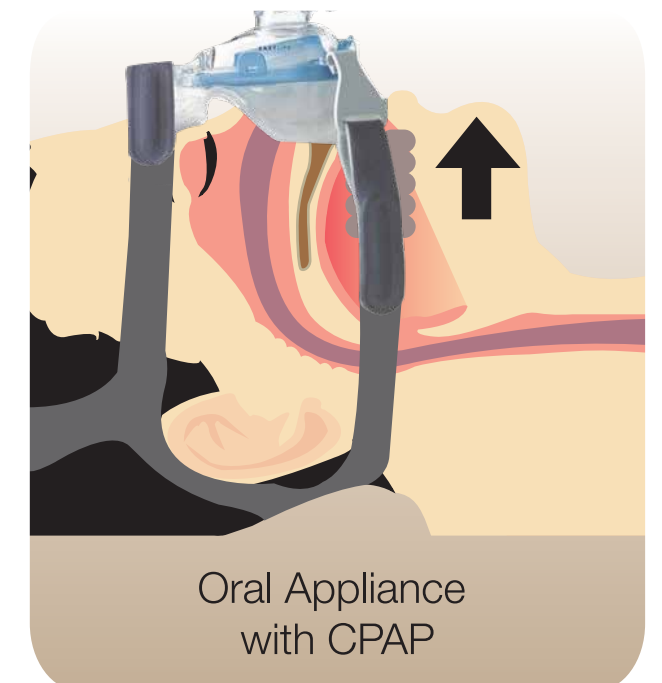
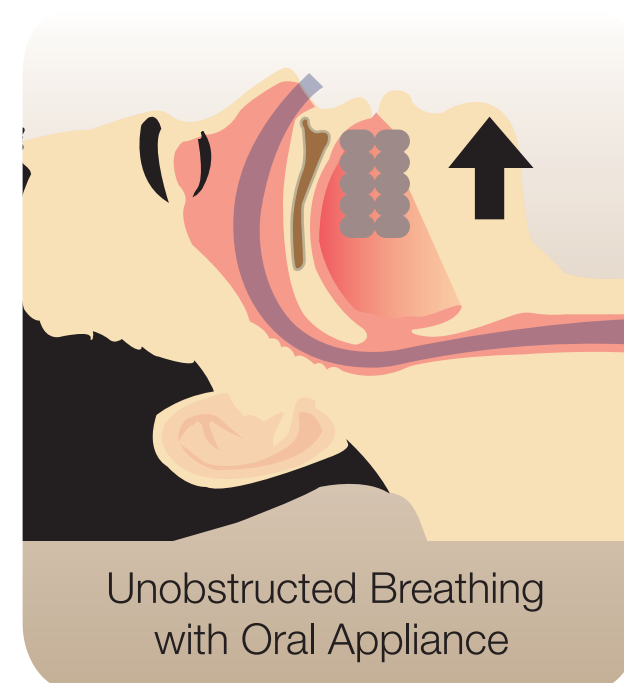
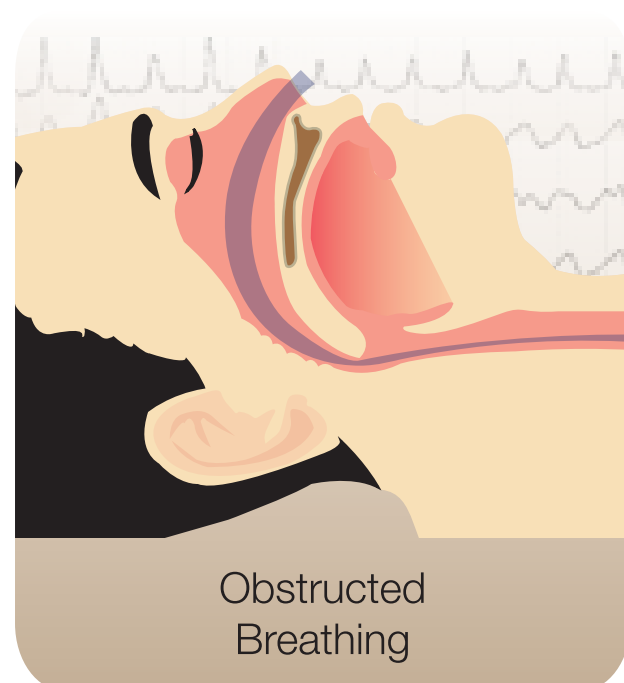
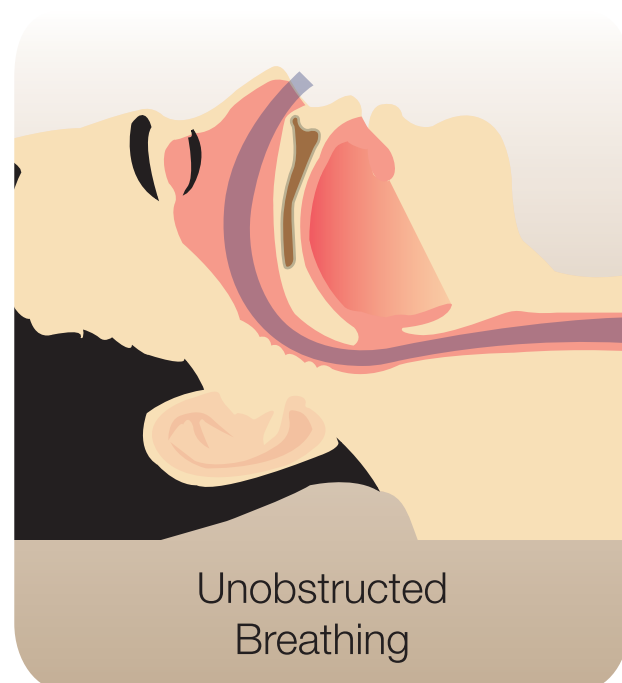
**ORAL APPLIANCES FOR SNORING AND APNEA**

**Snoring is an alarm  
telling you something  
is wrong with your breathing**

Your snoring or apnea may be linked to:

- Stroke
- Depression
- ADHD in children
- Bedwetting in children
- Heart attack
- Type 2 diabetes
- High blood pressure
- Erectile dysfunction

**Oral Appliance Therapy**



- Oral appliances help you breathe easier by holding your jaw forward and preventing your tongue from falling backwards and blocking your airway while you sleep.
- They come in a variety of shapes and sizes customizable to fit you perfectly.
- Oral appliances are the number one alternative to CPAP therapy and may be combined with CPAP.

**Ask your dentist or doctor if an  
oral appliance is right for you**

You might benefit  
from an overnight  
home sleep test.



In the waiting room?  
Scan the code with your  
mobile phone and download  
more information right now.

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