

# Although snoring seems physically harmless, it can be a red flag for a much more serious condition called obstructive sleep apnea.

## A Unique Approach

The Thornton Adjustable Positioner® (TAP) is based on the same principle as cardiopulmonary resuscitation, or CPR. The airway must be opened to allow air to pass through the throat. A constricted or collapsed airway causes snoring or sleep apnea.

The dreamTAP™ holds the lower jaw in a forward position so that it does not fall open during the night and cause the airway to collapse. The dreamTAP maintains a clear airway to reduce snoring and improve breathing.

## Snoring Defined

When the jaw opens and the tongue falls into the back of the throat, the airway partially collapses, forcing air through the small opening. This creates vibrations in the throat known as snoring.



## Sleep Apnea

Obstructive sleep apnea occurs when the airway completely collapses, blocking airflow into the lungs. The harder a person tries to breathe, the tighter the airway seals. This airway obstruction persists until the brain partially awakens the person. Unconsciously, he or she will close the jaw, returning the tongue and throat to a normal position.

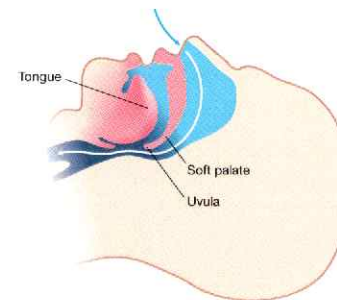
**The impact of untreated obstructive sleep apnea is well-documented to include stroke, heart disease and diabetes.<sup>1-4</sup>**

## A Dream Solution

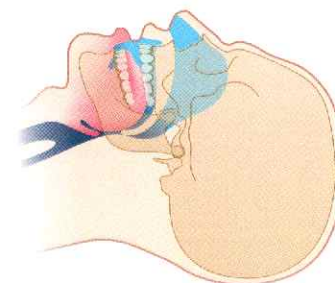
For those who snore or have sleep apnea, there is a solution: the dreamTAP, an oral appliance that is similar to an athletic mouthguard and is worn while sleeping. Developed with advanced dental technology, the dreamTAP reduces sleep apnea-associated health risks without the need for surgery, medications or other more cumbersome therapy.

- Intended for the treatment of snoring and mild to moderate obstructive sleep apnea
- Comfortable and patient-friendly
- Custom-made to minimize any change in tooth position or mouth structures
- Patient-adjustable to allow for maximum comfort and effectiveness
- Appliance design allows for more tongue space

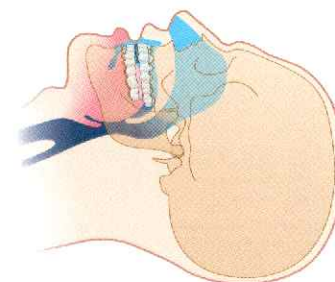
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dreamTAP is a trademark of Airway Management Inc.



Normal breathing.



Relaxed jaw position causes tongue and throat tissue to collapse and narrows the airway.



The dreamTAP maintains forward jaw position and keeps the airway open.



## Stop snoring and prevent sleep apnea.

The dreamTAP is a custom, adjustable oral appliance that is worn while sleeping. The appliance holds the lower jaw forward, preventing the tongue and soft tissue of the throat from collapsing into the airway.

Whether for you or someone you know, dreamTAP is the key to better sleep and better health.

### Benefits:

- Increased daytime energy
- More restful sleep
- Snoring reduction

### Reduce Risk of:

- Morning headaches
- Depression
- Stroke and heart attack
- High blood pressure and heartburn



### REFERENCES

1. Endeshaw Y, et al. Snoring, daytime sleepiness, and incident cardiovascular disease in the health, aging, and body composition study. *Sleep*. 2013 Nov 1;36(11): 1737-45.
2. Ullmer E, Solèr M. From simple snoring to sleep apnea syndrome — clinical spectrum. *Ther Umsch*. 2000 Jul;57(7):430-4.
3. Lurie A. Obstructive sleep apnea in adults: epidemiology, clinical presentation, and treatment options. *Adv Cardiol*. 2011;46:1-42.
4. José Antonio Pinto, Davi Knoll Ribeiro, Andre Freitas da Silva Cavallini, Caue Duarte, Gabriel Santos Freitas. Comorbidities associated with obstructive sleep apnea: a retrospective study. *Int Arch Otorhinolaryngol*. 2016 Apr;20(2):145-50.

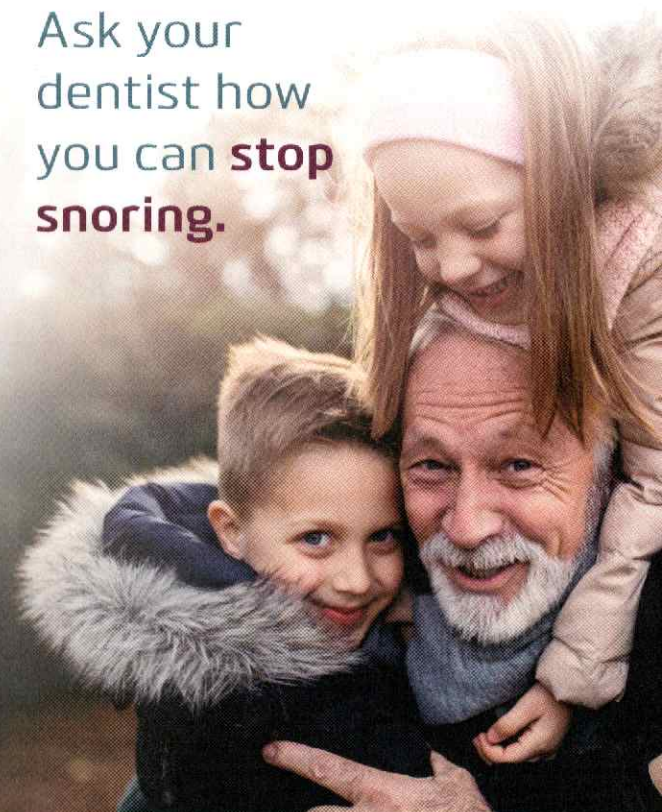
We are proud to offer our patients TAP<sup>®</sup> sleep care.



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Ask your dentist how you can **stop snoring.**



**dreamTAP<sup>™</sup>**



The oral appliance solution for snoring and sleep apnea

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