



Want to start your day
with a smile ?



Discover
the Narval™ CC oral appliance

For the **treatment of snoring and
obstructive sleep apnoea (OSA)**



Snoring can affect your social life.

Many adults are hindered by snoring :



1 in 3 adults
snores at least
3 nights a week¹



Loud snoring can reach
the average noise level
of a lawnmower
(80 decibels)²



of people who snore
say it bothers their
partner or others
around them³



As well as annoying those around you, **snoring can have consequences for your health.**

People who snore are almost twice as likely to develop high blood pressure⁴

What causes snoring ?

When throat muscles relax during sleep, they can block the airway. Air passing through makes the tissues vibrate that's snoring.

Partial obstruction

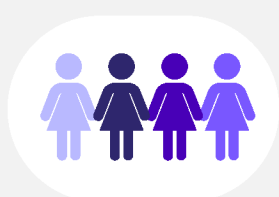


Snoring

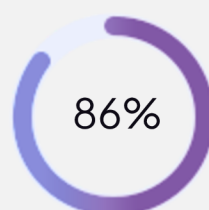
Factors that can make snoring worse :

- Tiredness
- Extra weight
- Sleeping on your back
- Alcohol before bedtime

Women are affected too:



Affects more than 1 in 4 women¹



86% of women with symptoms go undiagnosed.⁵



When **snoring** hides sleep apnoea

Not all snoring is caused by obstructive sleep apnoea, but snoring is one of the most common symptoms in patients with OSA!⁶

Snoring can be accompanied by total airway obstruction, otherwise known as obstructive sleep apnoea (OSA). The upper airways or throat become totally, rather than partially, obstructed, so air stops flowing to the lungs for a period of **10 seconds** or more. This **temporary lapse in breathing is called ‘an apnoea’** and may occur several hundred times a night.

Total obstruction



Sleep apnoea

What are the possible health consequences ?

Disturbed and non-restorative sleep can adversely affect your quality of life, work and personal life⁷. Sleep apnoea can have long-term effects on health⁸ and is a significant risk factor for others conditions :



Hypertension⁹



Stroke, Heart disease¹⁰

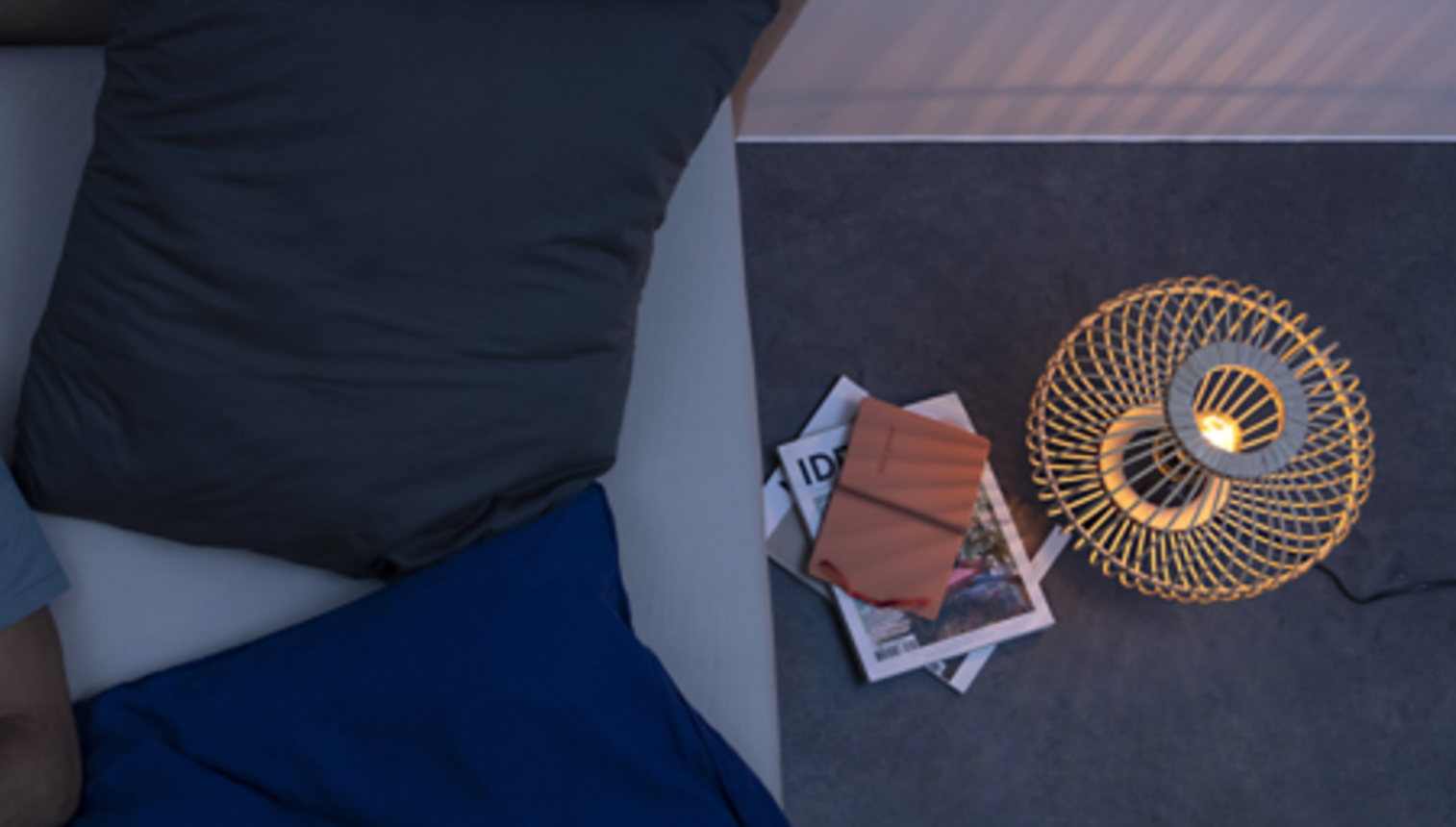


Diabetes¹¹



Depression¹²

People with untreated sleep apnoea are at greater risk of road accidents¹³.



What are the main symptoms of obstructive sleep apnoea ?

Some **signs** may seem harmless, but you should take a combination of them **as a warning**.

Night

- Snoring
- Apnoeas
- Waking up frequently
- Feeling suffocated
- Getting up frequently to urinate
- Night sweats



Day

- Fatigue
- Mood changes, depression
- Excessive sleepiness
- Lack of energy
- Headache on waking
- Problems with concentration and memory
- Libido issues



Treating snoring and OSA with **Narval CC**



How does Narval CC work on my snoring or OSA ?

Narval CC **gently moves your lower jaw forward** while you sleep, helping to **keep your airway open** and **breathing smooth**.

Without the Narval CC
oral appliance:



Snoring or
apnoea

With the Narval CC
oral appliance:



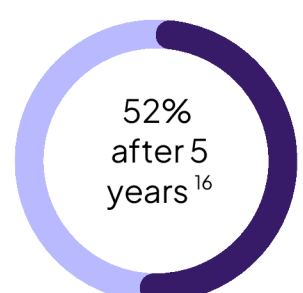
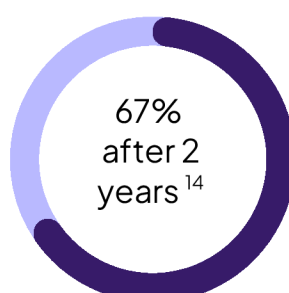
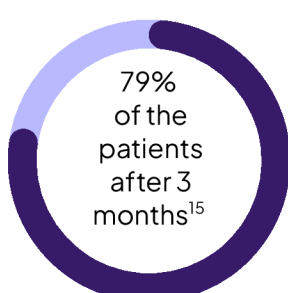
Smooth and quiet
breathing restored

What health benefits does the Narval CC oral appliance offer?

The ORCADES study, the largest clinical trial conducted in oral appliance patients, **followed 331 patients over 5 years in France** and confirmed Narval CC's efficacy and safety.

1. Efficacy on sleep apnoea

The treatment was successful in :



* Reduction of initial AHI (apnoea-hypopnoea index) $\geq 50\%$



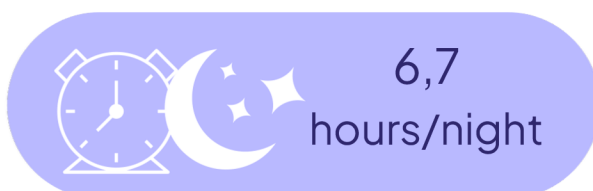
2. Efficacy on snoring (after 2 years)¹⁴

- **9 out of 10** patients no longer snore loudly
- **8 out of 10** patients no longer annoy the people around them.

3. Efficacy on quality of life (from 3 months and at 5 years)

- **73%** no longer experience severe daytime sleepiness¹⁴
- Improvement of quality of life¹⁶

Use and acceptance¹⁶



91% of treated patients continue to wear Narval CC for more than 6 hours per night after 5 years¹⁶.

Satisfaction of patients and their spouses¹⁶

After 5 years of use, patients still report high satisfaction with Narval CC:

97% wish to continue their treatment



Why choose **Narval CC ?**

A customer service at your disposal

For further information, email us at :
support.client.narval@resmed.fr

Custom-made

Based on your dental impressions for a custom fit.

Small, light and discreet

Narval CC is designed to take minimal space in your mouth, ensuring comfort¹⁶ and supporting better sleep and improved quality of life¹⁶.

Biocompatible, robust and durable¹⁷

Made from polyamide to minimise the risk of allergy, it contains no metal or latex.

Easy to use and travel friendly

Comfortable¹⁶ and practical to wear .

Made in France

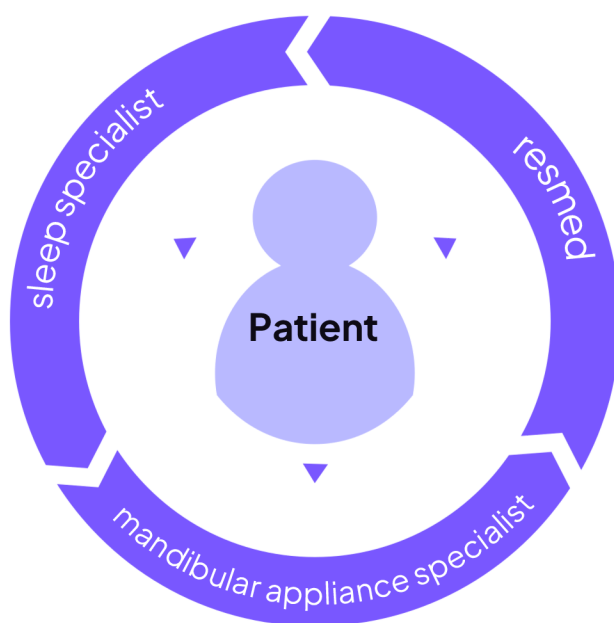
Manufactured near Lyon using advanced 3D printing and CAD technologies developed by R&D team.

Certified quality

Produced under ISO 13485:2016 standards for design, manufacturing and service.

How to get treatment with the Narval CC oral appliance ?

Your Narval CC oral appliance is made through
the **collaboration of your sleep doctor, your
dental practitioner and Resmed.**





There are **5 steps** in this process.

- 1 Appointment with your sleep doctor, who:**
 - makes a diagnosis by recording your sleep
 - prescribes you a Narval CC oral appliance to treat your snoring and/or your sleep apnoea
- 2 Appointment with your dental practitioner, who:**
 - examines your mouth and teeth
 - makes impressions of your teeth
 - order Narval CC
- 3 Resmed receives your impressions and produces** the custom-made Narval CC oral appliance within ± 3 weeks.
- 4 Appointments with your dental specialist** who places and adjusts your oral appliance to find the best combination of efficacy and comfort.
- 5 Regular follow-up appointments with your sleep doctor and your dental practitioner** to ensure your oral appliance remains effective and well tolerated

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 4. Han B, Chen WZ, Li YC, Chen J, Zeng ZQ. Sleep and hypertension. *Sleep Breath*. 2020 Mar;24(1):351–356. doi: 10.1007/s11325-019-01907-2. Epub 2019 Aug 12. PMID: 31402441; PMCID: PMC7127991.
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- Safety data from the ORCADES clinical trial, from which the clinical data relating to the Narval CC oral appliance were obtained.



Visit Narval website

support.client.narval@resmed.fr

Most of the side effects reported in the study were usually temporary and occurred during the first months of treatment. At the end of 3–6 months follow-up, 8% of patients had prematurely stopped the treatment with the oral appliance because of side effects¹⁴. At the end of the study, namely after 5 years of follow-up, 9% of patients had stopped their treatment with the oral appliance because of side effects (i.e. one percent more compared to the follow-up at 3–6 months).

PROMOTIONAL MATERIAL – Medical device compliant with applicable regulations. Manufacturer: Resmed. Local contact: Resmed. Please refer to the instructions for use for relevant information related to any contraindications, warnings and precautions.

Please visit www.resmed.com for the addresses of other Resmed offices worldwide.

Specifications may be changed without prior notice.

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