



Tired of being tired?

Are you snoring?
Constantly feeling sleepy?
Waking up with a headache?
Having trouble focusing at work?

Talk to your dentist today!

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Did you know?

1 in 5 adults has some form of sleep disordered breathing (SDB),¹ where your breathing disrupts your sleep. If you recognise some of the symptoms above, you may be one of the millions who suffer from **obstructive sleep apnoea (OSA)**.

How does OSA happen?

During sleep, the upper airway muscles relax, causing your airway to:

- **Narrow**, which restricts airflow as you breathe.
- **Vibrate**, which is what can be heard as snoring.
- **Collapse**, which briefly interrupts your breathing and prevents you from breathing and sleeping normally.

OSA is linked to a reduced upper airway, which can be caused by an enlarged tongue, soft palate or tonsils, backwardly set jaw or increased body mass. You are also more likely to suffer from OSA as you age.

Why is it important to get treated?

It's easy to dismiss OSA symptoms as mild or harmless, but OSA can prevent you from getting the deep, restorative sleep you need. It can also reduce your quality of life² and affect your long-term health.³ Risks include:

- Accidents while driving⁴
- Diabetes⁵
- Cardiovascular diseases⁶⁻⁷
- Lower productivity or accidents at work⁸
- Poor cognitive performance⁹

Am I at risk?

Here are some signs that you may suffer from OSA:

During the day

- Feeling tired when you wake
- Feeling sleepy
- Fatigue
- Mood swings or depression
- Poor memory
- Finding it hard to focus
- Hypertension

During the night

- Snoring
- Breathing pauses during sleep
- Frequently waking up
- Choking sensation
- Lack of sex drive
- Night sweats
- Waking more than once to go to the toilet

Am I sleepy?

Being sleepy during the day is a very common symptom of OSA. To find out how sleepy you are, do this quick quiz called the Epworth Sleepiness Scale.¹⁰

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation:

Chance of dozing :

0 = no chance

1 = slight chance

2 = moderate chance

3 = high chance

Situation	Chance of dozing
Sitting and reading	<input type="checkbox"/>
Watching TV	<input type="checkbox"/>
Sitting inactive in a public place (eg. a theatre or a meeting)	<input type="checkbox"/>
As a passenger in a car for an hour without a break	<input type="checkbox"/>
Lying down to rest in the afternoon when circumstances permit	<input type="checkbox"/>
Sitting and talking to someone	<input type="checkbox"/>
Sitting quietly after a lunch without alcohol	<input type="checkbox"/>
In a car, while stopped for a few minutes in traffic	<input type="checkbox"/>
Total	<input type="checkbox"/>

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If your total was:

Between 1-10

You have normal levels of sleepiness.

11 or more

You may be excessively sleepy and should think about talking to your doctor or dentist.

What are the treatment options?

Depending on your symptoms, you may be referred to a sleep specialist who will diagnose your condition before prescribing the treatment that's right for you.

Treatments may include:

- Lifestyle changes (like losing weight)
- **Mandibular repositioning device (MRD)**
- Continuous positive airway pressure (CPAP)
- Surgical procedures

A mandibular repositioning device is an oral device that's custom made for you to wear when you sleep. It holds the lower jaw in a forward position to widen the space behind the tongue and keep the airway clear. It has been shown to be a comfortable¹¹ option to treat snoring and OSA.

Healthy patient
(airway open)



Untreated OSA patient
(airway closed - apnoea)



Narval CC
ResMed custom-made MRD



Want to know more?
It's time you talk to your dentist!

Narval CC™:

A clinically proven dental device that simply fits in your mouth while you sleep

Narval CC is developed by ResMed, the world's leading tech-driven medical device company and innovator in sleep-disordered breathing. It combines innovative design with advanced CAD/CAM (computer-aided design and manufacturing) technology to give you:

A good night's sleep

- It makes loud snoring disappear in 89% of patients affected.¹¹
- It significantly reduces OSA symptoms and improves quality of life.¹¹

A comfortable, natural feeling

- It's thin, light, discreet and metal free.
- You can talk, drink and open your mouth naturally when wearing it.
- Patients wear their device for an average of 6.7 hours a night.¹¹

Too good to be true? What about side effects?

- The most common side effects are minor.¹¹
- Few patients discontinued MRD therapy for side effects (8%).¹¹



Narval CC device: custom made especially for you so it can be as small, as light and as effective as possible.



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You deserve the best sleep you can get !

So ask your specialist about Narval CC.

Your Specialist

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The information in this document is for information only, to help you learn more about OSA and its therapies. It is not a medical advice or diagnosis, and should not be used as an alternative to speaking with your healthcare professional about questions specific to your health and treatments.



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