



## Many benefits for you

A quick and easy solution.

### 1 Biocompatible and nickel-free

All of the elements consists of biocompatible and nickel-free materials.



### 6 Healthy and relaxed breathing

Sleep deeply and uninterrupted again. This will benefit your physical and mental fitness.

### 5 Comfortable to wear

The seamless adjustments and lateral flexibility ensure a comfortable wear.

### 4 Very efficient

The splint meets all the requirements of therapists and patients.

### 2 Easy to use

You'll insert, remove and adjust the splint yourself after receiving instructions from your dentist.

### 3 Adjust it yourself at any time

You can fine-tune the splint yourself at any time

Answering the questions on the following page will provide your dentist or orthodontist with the initial information they need to determine if your particular case is "harmless snoring" or an indication of a serious illness, such as sleep apnoea.

Do you or your partner snore?

		Yes	No
1	Do you snore every night, even without consuming alcohol?		
2	Are you, your partner or others in nearby rooms affected by your snoring?		
3	Do you suffer from sleep apnoea?		
4	Do you feel tired and lethargic in the morning?		
5	Do you wake up in the morning with a headache?		
6	Do you feel limited in your abilities?		
7	Are you tired multiple times a day for no reason?		
8	Do you fall asleep easily while watching TV, reading or at work? Do you fall asleep at the cinema or theatre?		
9	Do you tire easily when in the car?		
10	Do you have difficulty concentrating for longer periods of time?		
11	Do you take medicine for high blood pressure?		
12	Do you regularly use sleeping aids?		
13	Are you overweight?		
14	Do you suffer from impotence?		

Provided by:

Perfection is smiling in your sleep.



Finally wake up rested and refreshed – without snoring – with the

**TAP®-splint**



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[www.tap-splint.com](http://www.tap-splint.com)





## Snoring

Where does it come from?

For most people, snoring is usually an indicator of deep sleep. However, for many others it disturbs a quiet night's rest and may even be an indication of a life-threatening sleep disorder. Snorers are usually lonely, but not alone. 60% of men and 40% of women over 60, as well as 10% of men and 5% of women in their 30s snore. Many of them without knowing it.

The natural airway passages are restricted in sleep when the soft palate and tongue relax. This causes a vibration in the soft tissues of the throat when breathing, generating the familiar snoring noise.



When the jaw is relaxed, the tongue often falls back into the throat area and causes the airway passage to restrict or even close off.

The TAP® splint holds the lower jaw forward and prevents the tongue from falling back, keeping the airways open.

## Sleep apnoea

and its effects.

For patients with sleep apnoea, the upper airways are partially blocked during the night – leading to apnoea, where they temporarily stop breathing. If the airways are closed, then no oxygen is delivered to the lungs and brain during this time. This continues until the brain ends this situation with an automatic, subconscious waking reaction: the mouth closes, the tongue shoots forward, and the throat opens again. This cycle can repeat over 50 times per hour in one night, as is the case for millions of affected people today.

Because this sleep apnoea leads to massive sleep disorders, it is often the cause for increased tiredness, cardiovascular problems, increased chances for heart attacks and strokes, and more. In general, one can say that those affected with sleep apnoea who go untreated have a shorter life expectancy.

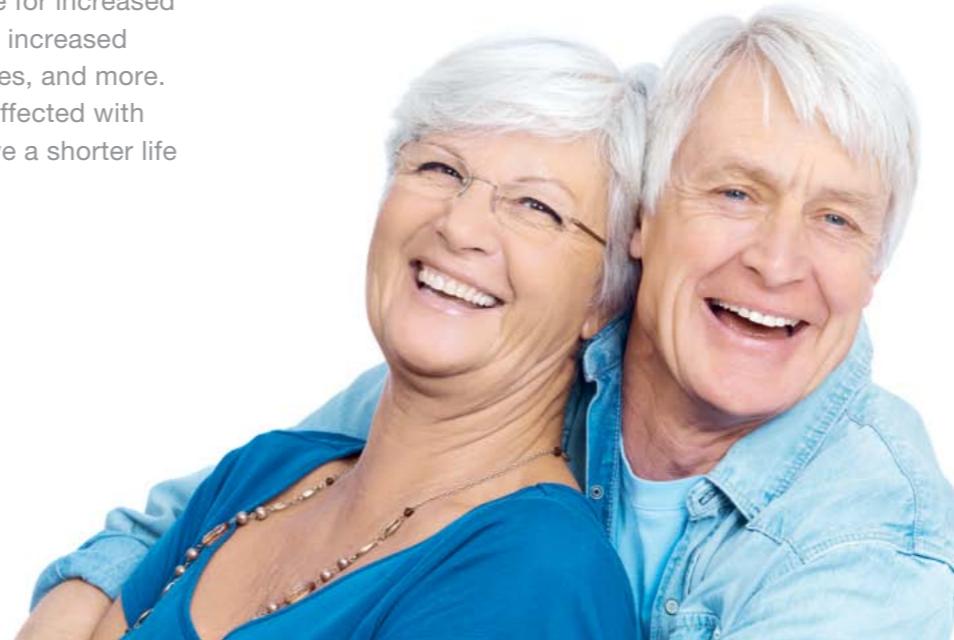


## TAP®

A quick and easy solution.

No matter whether snoring is threatening your relationship or your health – the simplest solution is the TAP® splint.

Your orthodontist or dentist will create your own personal splint without any surgery or drawn-out treatments. These plastic splint holds your lower jaw forward while you sleep, keeping your airways free and relieving your snoring problems.



You should consider the following preventive measures to reduce your tendency to snore:

- No heavy meals or alcohol prior to sleeping
- If you are overweight: lose weight
- Avoid sleeping on your back
- Sleep on your side
- Humidify the air in the room