

Rate the Quality of Your Sleep

How often do you doze off or fall asleep in the following situations?

Epworth Sleepiness Scale

- 0 = Would Never Doze;
- 1 = Slight Chance of Dozing;
- 2 = Moderate Chance of Dozing;
- 3 = High Chance of Dozing

Situation

Chance of Dozing

Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting, inactive in a public place (e.g. theatre, meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car while stopped for a few minutes in traffic	0	1	2	3

Total Score Results*

- 0 - 7** Congratulations! You are getting enough sleep.
- 8 - 9** You have an average amount of daytime sleepiness.
- 10 - 15** You may be excessively sleepy, depending on the situation and may want to consider seeing a sleep specialist.
- 16 - 24** You are excessively sleeping and should seek advice of a sleep specialist immediately.

*If you scored between 10-24, look inside for a simple treatment option - **The SUAD™ Device!**

Is The SUAD™ Device for Me?

If you have been diagnosed with mild to moderate OSA or if you have severe OSA yet are unable or unwilling to tolerate CPAP and/or surgery, then The SUAD™ Device is the perfect alternative treatment for you.

How Do I Get a SUAD™ Device?

The SUAD™ Device is available from a specially trained dental practitioner in your area and the custom fitting is simple and painless.

First Visit: Your dental practitioner will discuss your sleeping habits and may refer you to a sleep specialist for further evaluation. Once you are ready to begin, impressions of your teeth will be taken along with a bite registration to determine how far forward to move your jaw.

Second Visit: Your custom made SUAD™ Device will be fitted and adjusted, if necessary.

Third Visit: Your practitioner will check your results and make any necessary adjustments.

That's it! In three short, easy visits, you and your sleep partner will be on your way to a more restful nights sleep!

*Please Note: Number and type of visits may vary, depending on your practitioner.

For More Information, Please Contact:

Is My Snoring a Problem?

Do I Stop Breathing at Night?



THE SUAD™ DEVICE



A clinically proven, effective dental sleep appliance used in the treatment of snoring and obstructive sleep apnea.

Is My Snoring a Problem?

Sure, the raspy noise of snoring is an annoying and inconvenient habit – but did you know that your snore can be more than just a roar? It is estimated that over 50% of adult males and 30% of adult females may be affected by snoring. Snoring usually occurs when your airway constricts, causing air to be inhaled at an increased speed and pressure, making the soft tissues in the back of your mouth vibrate and produce that loud, annoying sound. Heavy, loud snoring can be a sign of a more serious health problem called sleep apnea.

What is Sleep Apnea?

Sleep apnea is a serious disorder that causes your breathing to stop repeatedly while you sleep. These breathing pauses or "apneas" usually last 10 to 30 seconds and can happen many times throughout the night.

The most common type of sleep apnea is obstructive sleep apnea, which happens when your upper airway gets blocked during sleep. Often, the blockage happens when the soft tissue in the back of your mouth collapses and closes during sleep. Relaxed throat muscles, a narrow airway, a large tongue or extra fatty tissue in the throat can also block your airway.

Untreated sleep apnea is serious – it increases your risk for high blood pressure, heart attack, and stroke. It also contributes to learning and memory problems, poor job performance, depression and a higher risk for car crashes and accidents.



Am I at Risk?

If your snoring is followed by silent pauses and daytime sleepiness you might have sleep apnea. You may feel very tired and sleepy during the day because your sleep is disrupted throughout the night. You may even fall asleep at the wrong times, for example while at work or while driving. Sleep apnea is common and affects men, women and children of all ages, with many people not even realizing they have it.

Signs of Sleep Apnea

- Choking or Stopping Breathing during Sleep
- Excessive Daytime Sleepiness
- Waking up Tired or Thirsty
- Limbs Jerk during Sleep
- Lack of Concentration
- Heavy, Loud Snoring
- High Blood Pressure
- Morning Headaches
- Fatigue

THE SUAD™ DEVICE

Comfortable. Compact. Convenient.



The SUAD™ Device is a premium dental sleep appliance developed for the treatment of snoring and obstructive sleep apnea. It is an effective, comfortable, and durable alternative to CPAP therapy or corrective surgery. By simply wearing **The SUAD™ Device** while sleeping, your lower jaw (mandible) will be moved forward into a comfortable position, allowing relaxation of the tissues at the back of your throat and ensuring the base of your tongue does not collapse and block your airway, giving you a safe and soundless sleep.

Features and Benefits

The SUAD™ Device is a clinically validated dental sleep appliance. It is custom fitted for every patient, easily adjustable, and comes with many great features and benefits, including:

Non Restrictive in Movement: The SUAD™ Device allows for vertical and lateral mobility, allowing you to fully open your mouth, yawn, drink, take oral medication, and even speak clearly – without removing the appliance!

Highly Adaptable: If you have missing teeth, teeth that aren't in correct position, crowns, bridge work, or even wear a full upper denture, The SUAD™ Device can be adapted to fit your mouth structure. Note: If you are missing all of your lower teeth, you will not be a suitable candidate for the device.

Combination Use: The SUAD™ Device can conveniently be used as a companion to your CPAP, allowing simpler mask fitting, reduced CPAP pressure, and a compact alternative for travelling.

Preferred: The SUAD™ Device is an appliance that is favoured by many practitioners and patients throughout North America.

Enduring Durability: The SUAD™ Device is the only appliance continuing to offer a two-year limited warranty.

The SUAD™ Device vs. CPAP Therapy

The SUAD™ Device

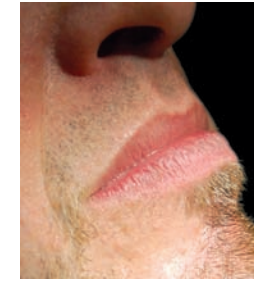
- Quiet - no machine noises
- Small, discrete, and convenient for travelling
- No hose attachments to get tangled in
- Speak, drink, take oral medication while wearing
- Unlimited sleep positions

CPAP Therapy

- Requires headgear and / or mask
- Available in standard sizes
- Requires electricity
- Must be disconnected to get out of bed



Wearing The SUAD™ Device



Full Lip Seal: Allows you to comfortably close your mouth fully, hiding the dental appliance from sight.



Custom Fit: The appliance sits comfortably in your mouth, while giving you an optimal amount of space.



Permits Movement: While wearing the appliance, you can fully open your mouth, drink, speak, yawn, and even take oral medication.

The Morning Repositioner

When wearing a dental sleep appliance to treat snoring and obstructive sleep apnea, there's the possibility that your lower jaw may feel more comfortable staying forward during the day. Doing a very simple exercise of clenching your teeth together can help strengthen the muscles, which may help in returning your lower jaw to its original position. Strong Dental has developed the Morning Repositioner: a simple dental appliance that fits on your lower teeth and aids in the exercise. Every SUAD™ Device developed comes with a Morning Repositioner at no additional fee.

