

# Snore-Cure<sup>®</sup>

## An Easy Solution for Snoring



**ORTHO**◀tain<sup>®</sup>

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# FACTS ON SNORING

- **Almost 43% of adults snore**
- **62% of snorers are male**
- **Snoring can be a significant problem for family members**

Snoring usually occurs when an individual's lower jaw relaxes during sleep and allows the tongue to drift backwards in the mouth. This partially closes an individual's airway passage which restricts airflow that causes the uvula and soft palate to vibrate and produces snoring sounds. To eliminate or minimize snoring, the airway passage must be opened up to encourage free and unrestricted airflow.

If a heavy snorer has episodes where normal breathing stops for 10 to 60 seconds several times a night, and often experiences sleepiness during the day; a condition might be present called sleep apnea. While only 2 to 4% of adults have this disorder, a physician should be consulted before using an anti-snoring device.

## **SNORE-CURE® APPLIANCE**

The Snore-Cure® appliance is scientifically designed to hold the lower jaw and tongue in a forward and downward position to open up the airway passage and increase air intake. This eliminates or significantly reduces soft-palate and uvula vibrations that cause snoring. The Snore-Cure® has also been designed with a hinge feature that separates the upper and lower jaws to further encourage free and unrestricted airflow.

## DIRECTIONS

In order to get used to the Snore-Cure® initially, it might be helpful to wear it one-half hour before bedtime for a few nights. To properly use the appliance, insert the Snore-Cure® appliance in your mouth so that the larger front margins with the arrow points upwards. Then close your lower jaw into the lower part of the appliance.

For maximum results, customizing your Snore-Cure® is highly recommended. The customization process can be easily performed by your dental professional when you are first given the appliance.

Your doctor will line your Snore-Cure® with a soft material and ask you to bite into the appliance for 4 minutes. Then the appliance will be removed from your mouth and any excess material will be trimmed away and then be ready for use. Your doctor may advise that the customization procedure be performed using a plaster model of your teeth.

In either case, your customized Snore-Cure® will snap into place and hold your lower jaw securely in a forward position all night to maximize your anti-snoring results.

## RESULTS

For many people snoring begins 4 to 11 minutes after falling asleep and continues throughout the night. When the Snore-Cure® appliance (without a lining) is used, the onset of snoring is usually delayed by 1 to 2 hours after falling asleep. The loudness of the snoring sounds are reduced and the patient's snoring is intermittent rather than continuous.

When the Snore-Cure® is customized, snoring is stopped altogether or the onset of snoring is delayed 2-1/2 to 3 hours after falling asleep. The snoring sounds, if present, are usually soft or have a "swooshing" sound caused by air escaping from the mouth. These soft or "swooshing" sounds lasted only a few minutes separated by long periods of silence during nighttime wear.

## References:

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3. Schmidt-Nowara, W.W., Meade, T.E., and Hays, M.B., Treatment of snoring and obstructive sleep apnea with a dental orthosis, Chest, 99: 1378-1385, 1991.
4. Strohl, K.P., and Redline, S., Recognition of obstructive sleep apnea, Am. J. Respir. Crit. Care Med., 154; 279-289, 1996.
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## Contraindications:

- Not for use in growing individuals.
- Generally not to be used for those people undergoing orthodontic treatment - consult your orthodontist prior to use.
- Not recommended for patient's wearing full dentures.
- If sleep apnea is suspected, a physician should be consulted prior to the use of an anti-snoring appliance.

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