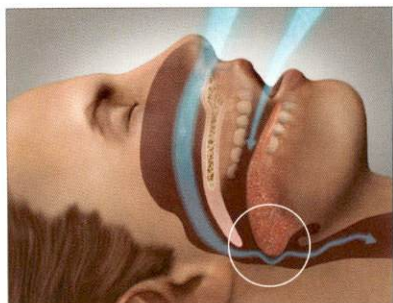
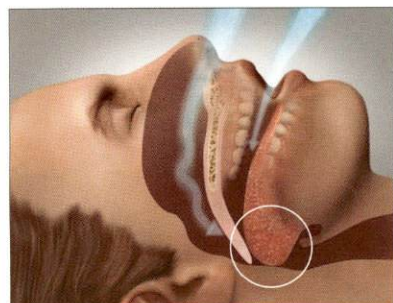


## ABOUT OBSTRUCTIVE SLEEP APNEA AND SNORING



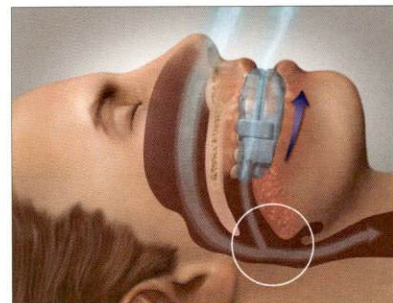
### SNORING

During sleep, your tongue and throat tissues may relax enough to narrow your airway. Snoring is the sound that is produced when air passes through this partially blocked area causing tissues to vibrate.



### OBSTRUCTIVE SLEEP APNEA

OSA is a medical condition where your tongue and soft tissues actually close off your airway and stop air from entering your lungs. When this happens during sleep, the oxygen in your blood decreases, your heart races, and your brain panics—causing you to startle awake. After a few good breaths, the cycle repeats itself, all night long.



### MicrO<sub>2</sub><sup>®</sup> SLEEP AND SNORE DEVICE SYMPTOM ALLEVIATOR

The MicrO<sub>2</sub> device gently holds your lower jaw forward while you are sleeping. This forward position advances your tongue and helps open your airway to reduce snoring and alleviate Obstructive Sleep Apnea symptoms.

MicrO<sub>2</sub><sup>®</sup> Sleep and Snore Device is an easy-to-use and comfortable device that alleviates snoring and symptoms of Obstructive Sleep Apnea.



MicrO<sub>2</sub> Sleep and Snore Device

Ask your dentist if MicrO<sub>2</sub> is a good fit for you.

**Lynn R. Chinchek, D.D.S.**  
9475 Deereco Road, Suite 402  
Timonium, Maryland 21093  
(410)561-8845

Visit [www.micro2sleepdevice.com](http://www.micro2sleepdevice.com) to learn more about the MicrO<sub>2</sub> Sleep and Snore Device.



MicrO<sub>2</sub> and ProSomnus are registered trademarks.

## Did You Know Snoring Can Be a Symptom of Major Health Risks?



If you or a loved one snores, ask your dentist if the MicrO<sub>2</sub><sup>®</sup> Sleep and Snore Device is a good fit.

**MicrO<sub>2</sub><sup>®</sup>**  
SLEEP AND SNORE DEVICE



## THE FACTS BEHIND SNORNING AND WHY IT SHOULDN'T BE IGNORED

Snoring is more than just a loud and annoying noise, it can be an indicator of a Sleep Breathing Disorder (SBD) that can be very serious. Approximately 42 million Americans have a SBD<sup>1</sup>.

The most common form of a SBD is Obstructive Sleep Apnea, a medical condition where your tongue and soft tissues close off your airway and stop air from entering your lungs.

### THE AFFECTS OF OSA ARE ALARMING:

<b>70%</b> of heart attack patients have mild OSA <sup>6</sup>	<b>86%</b> of obese type 2 Diabetic patients suffer from Sleep Apnea <sup>12</sup>
<b>43%</b> of patients with mild OSA have Hypertension <sup>5</sup>	<b>48%</b> of type 2 Diabetes sufferers have Sleep Apnea <sup>7</sup>
<b>100K</b> car accidents annually <sup>8</sup>	<b>4x</b> more at risk for stroke <sup>9</sup>

- Sleep Apnea can also cause memory problems, weight gain, impotence, and headaches if not treated.
- Untreated OSA can lead to a 30% or more reduced survivability rate over the course of 20 years<sup>11</sup>.
- Drowsy driving is responsible for, at the very least, 100,000 car accidents, 40,000 injuries, and 1,550 deaths per year<sup>8</sup>.
- Approximately 38,000 deaths occur on an annual basis that relate to cardiovascular problems that in one way or another are connected to Sleep Apnea. These problems include high blood pressure, hypertension and stroke, among others<sup>10</sup>.

## SIGNS AND SYMPTOMS OF SLEEP APNEA

- Inconsistent breathing during sleep
- Snoring
- Hypertension
- Depression
- Obesity
- Gasping, choking, or coughing during sleep
- Extreme sleepiness throughout the day
- Lethargic feelings
- Morning headaches
- Lack of interest in hobbies
- Dry mouth and/or sore throat in the morning
- Irregular heart beat
- Trouble concentrating or remembering things

### MORE PEOPLE HAVE OSA THAN YOU THINK:

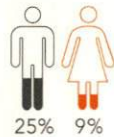
Prevalence similar to Asthma (20 million) and Diabetes (23.6 million of US population)<sup>4</sup>



1 in 5 adults have mild OSA<sup>2</sup>



1 in 15 have moderate to severe OSA<sup>2</sup>



9% of middle-aged women and 25% of middle-aged men suffer from OSA<sup>3</sup>



75% of severe SDB cases remain undiagnosed<sup>5</sup>

<sup>1</sup> Young et al. New Engl J Med 1993 <sup>2</sup> Young et al. J Am Med Assoc 2004  
<sup>3</sup> Marshall et al. Sleep 2008 <sup>4</sup> US Department of Health and Human Services, Centers for Disease Control and Prevention 2008 <sup>5</sup> Young et al. Sleep 2008 <sup>6</sup> Kuniyoshi et al. J Am Coll Cardiol 2008 <sup>7</sup> O'Keefe & Patterson. Obes Surg 2004 <sup>8</sup> National Highway Traffic Safety Administration <sup>9</sup> <http://sleepdisordersguide.com/sleepapnea/sleep-apnea-statistics.html> <sup>10</sup> National Commission on Sleep Disorders Research <sup>11</sup> Sleep Disordered Breathing and Mortality: Eighteen-Year Follow-up of the Wisconsin Sleep Cohort; Department of Population Health Sciences, Department of Medicine, University of Wisconsin-Madison, Madison, WI. Sleep. 2008 Aug 1; 31(8): 1071-1078 <sup>12</sup> Sjoström et al. Thorax 2002

## ASK YOUR DENTIST ABOUT THE MicrO<sub>2</sub>\* SLEEP AND SNORE DEVICE

The good news is that your dentist may be able to help you. In partnership with medical doctors, your dentist can help you understand, screen, and treat your mild to moderate Sleep Apnea. With the use of a Sleep Apnea device, such as the MicrO<sub>2</sub>, your dentist can provide you with a comfortable and easy-to-use option for a more restful sleep. Ask your dentist about MicrO<sub>2</sub> today.

### OSA SIMPLE SELF-ASSESSMENT

Answer the questions below to find out if you might be at risk of having Obstructive Sleep Apnea.

Use the following scale to choose the most appropriate number for each situation:

0 = would never doze or sleep

1 = slight chance of dozing or sleeping

2 = moderate chance of dozing or sleeping

3 = high chance of dozing or sleeping

Sitting and reading \_\_\_\_\_

Watching TV \_\_\_\_\_

Sitting, inactive in a public place \_\_\_\_\_

As a passenger in a car for an hour or more \_\_\_\_\_

Lying down to rest in the afternoon \_\_\_\_\_

Sitting and talking to someone \_\_\_\_\_

Sitting quietly after a lunch (without alcohol) \_\_\_\_\_

Stopped for a few minutes in traffic while driving \_\_\_\_\_

**TOTAL SCORE (add the scores up) \_\_\_\_\_**

**Talk to your dentist about your OSA self assessment.**

Epworth Sleepiness Scale reprinted with permission of the Associated Professional Sleep Societies (Johns MW; A New Method for Measuring Daytime Sleepiness: The Epworth Sleepiness Scale. SLEEP 1991;14(6): 540-545).