

myosa[®]

SLEEP WELL THE NATURAL WAY

For Kids

TO TREAT BREATHING AND
MYOFUNCTIONAL DISORDERS

USE FOR
ONE TO TWO
HOURS EACH
DAY & WHILE
SLEEPING

For Kids 3-15 Years



K S1

To establish a functional airway

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Understanding the problem

Most people are not aware that mouth breathing is a type of unhealthy breathing disorder that can be linked to a variety of health problems. Children with breathing disorders tend to have underdeveloped jaws which then create orthodontic problems and the medical profession now recognise that breathing disorders in children are a major contributor to conditions such as learning difficulties, sleep disorders and ADHD-like symptoms.

Breathing disorders and their associated health effects become worse over time and, therefore, should be treated as soon as they are detected by establishing continuous nasal breathing.

Mouth breathing vs nasal breathing

Mouth breathing causes the tongue, lips, cheeks, and airway muscles to function incorrectly. These are known as myofunctional disorders and create forces that restrict jaw growth, crowding the teeth. Mouth breathing also allows bacteria, viruses, allergens, and other particles to be inhaled unfiltered, affecting different parts of the airway, such as the tonsils, adenoids, and the lungs. Nasal breathing is essential for correct myofunctional habits and proper dental development, as well as good air filtration and overall health.



RESTRICTED AIRWAY
Mouth breathing



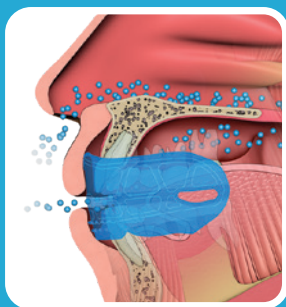
FUNCTIONAL AIRWAY
Nasal breathing

The Myosa® System

The Myosa® System treats the breathing and myofunctional problems that are associated with mouth breathing, snoring and other sleep breathing disorders in children. The Myosa® for Kids appliances come in three different sizes (small, medium and large) that can be used in children between ages 3 and 15 to address breathing and myofunctional disorders.

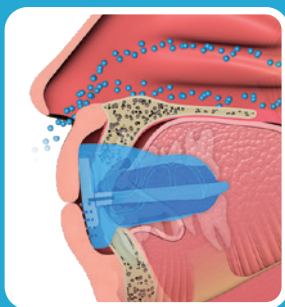
Myosa® for Kids KS1 appliances feature large breathing holes and a thick base that opens the airway and allows for improved breathing while encouraging nasal breathing. They also correct myofunctional problems, especially improving tongue position, which further improves breathing.

Myosa® for Kids KS2 appliances feature small breathing holes and a thinner base that encourage continuous nasal breathing and ideal jaw position. They also correct the function of the tongue, lip and cheek muscles, leading to a full rehabilitation of breathing and myofunctional problems in mouth-breathing children.



Myosa® KS1
Stage 1

Establishes a functional airway



Myosa® KS2
Stage 2

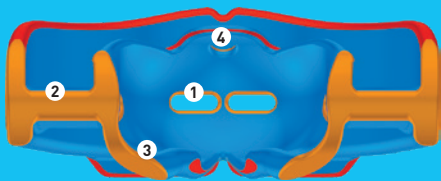
Establishes nasal breathing and corrects myofunctional habits

Myosa® KS1 – Stage 1

Myosa® for Kids KS1 is available in small, medium and large and has been designed for children aged 3 to 15 who are mouth breathers, especially at night. The main focus of the *KS1* is to establish a functional airway while transitioning from mouth to nose breathing. The *KS1* is most effective when used as part of *The Myosa® System* treatment protocol. It is recommended that the *KS1* appliance is then followed by the *Myosa® for Kids KS2* for improved correction of breathing and myofunctional disorders.

The *KS1* has a number of unique design features and works by gently opening the bite and advancing the jaw to open the airway. Two large breathing holes regulate mouth breathing while transitioning to nose breathing. Rehabilitation of myofunctional disorders is achieved at the same time as breathing correction.

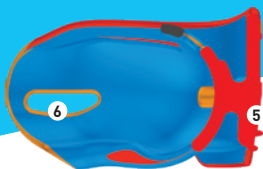
Myosa® for Kids KS1 – Design features



- 1 Two large breathing holes** regulate mouth breathing.
- 2 Thick base** opens the bite and airway.
- 3 Tongue elevator** lifts the tongue into the correct position.
- 4 Tongue tag** guides upward and forward tongue placement.
- 5 Lip bumper** retrains the lip muscles to swallow correctly.
- 6 Air spring base** provides comfort for the jaw joints.

KS1 large appliance has an active tongue tag for improving tongue strength.

Myosa® KS1
cross section



KS1

Important information

Although it is normal for the appliance to fall out overnight initially, increasing your daytime wear will help you adjust to overnight wear faster. The *Myosa*[®] appliance may change the position of the teeth and jaws. Some minor discomfort in the teeth, gums and jaws is normal in the first few days, however, the flexibility of the appliances minimises this potential discomfort. Speak to your health practitioner if this persists.

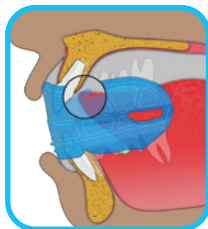
Instructions for use



Step 1 – Hold the *Myosa*[®] appliance with the tongue tag facing up.

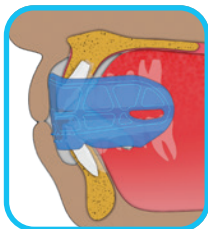


Step 2 – Place the *Myosa*[®] appliance into your mouth.



Step 3 – Keep your tongue positioned on the tongue tag.

For the *KS1* large press and release if exercising.



Step 4 – Close down on the *Myosa*[®] appliance.



Step 5 – Keep your lips together and breathe through your nose.

Do not chew on your *Myosa*[®] appliance!

Use your *Myosa*[®] appliance for one hour during the day, plus overnight while sleeping. The appliance must be used **EVERY** day to be effective.

Myosa® for Kids KS1 is a myofunctional sleep appliance specially designed for children aged 3 to 15 who are mouth breathers, especially at night. The **KS1** serves the primary purpose of establishing a functional airway, as well as initial correction of lip, tongue, cheek and airway muscle function - otherwise known as myofunctional habits.

The **KS1** primarily focuses on obtaining functional breathing and initial correction of myofunctional disorders. It is followed by the **Myosa® for Kids KS2**, which primarily focuses on establishing continuous nasal breathing and correction of myofunctional habits. Your practitioner will determine when it is appropriate to progress to the next stage.

Benefits of the **KS1**:

- Simple and non-invasive treatment of breathing disorders;
- Effective treatment of myofunctional disorders when used in conjunction with your health practitioner;
- Soft, flexible silicone material provides superior comfort and fit;
- Two-stage system provides the most effective way of treating both breathing and myofunctional disorders.

Cleaning your Myosa®: Run your **Myosa®** appliance under warm water every time you remove it from your mouth and allow it to dry. We recommend using **Myoclean™** tablets for all your oral appliances twice a week. Ask your practitioner about **Myoclean™**.

CAUTION: USE ONLY UNDER THE DIRECTION OF A LICENSED HEALTH PRACTITIONER.

Lifetime use: 6 months based on everyday wear. Replace after 12 months regardless of wear time. At the first signs of appliance cracking, damage or discolouration, speak to your health practitioner.



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MYOFUNCTIONAL RESEARCH CO.

INNOVATIVE DENTAL APPLIANCE TECHNOLOGY AND EDUCATION



SINGLE PATIENT
MULTIPLE USE



KEEP OUT
OF DIRECT
SUNLIGHT



CLEAN
BEFORE USE