

MYOFUNCTIONAL SLEEP APPLIANCE

myosa[®]

SLEEP WELL THE NATURAL WAY

S1H
HYBRID[®]

USE FOR
ONE HOUR
EVERY DAY
AND WHILE
SLEEPING



THE S1H COMBINES DESIGN
FEATURES OF THE MYOSA[®] S1
AND THE MYOTALEA[®] TLJ

TMJBDS[®]
FOR TMJ, BREATHING
& DISORDERED SLEEP

STAGE 1
MOUTH BREATHER
HYBRID VERSION

www.myosa.com

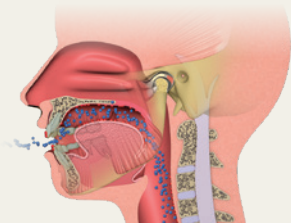
WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

Understanding the problem

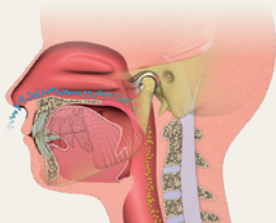
Sleep and jaw joint disorders affect a large number of the population all around the world. Most suffering patients are undiagnosed or incorrectly treated since the wide range of symptoms can make it difficult to establish the causes and appropriate treatment. Symptoms such as headaches, neck pain, night-time snoring and daytime fatigue may seem unrelated. However, they can all be a part of a single health problem. Quite often these problems occur simultaneously because two of the causes of TMJ Disorder (TMD) are mouth breathing and incorrect swallowing habits.

Normal nose breathing vs mouth breathing

Mouth breathing is abnormal and is one of the causes of Sleep-Disordered Breathing (SDB) problems. If a child breathes through the mouth, the jaws will not develop forwards correctly. Adults who have SDB will usually have underdeveloped jaws, which cause the tongue and lower jaw to restrict the airway. Therefore, it is important to learn how to breathe correctly through the nose at all times in order to maintain an advanced position of the lower jaw and tongue, as well as keeping the airway open.



MOUTH BREATHING
Lowered tongue



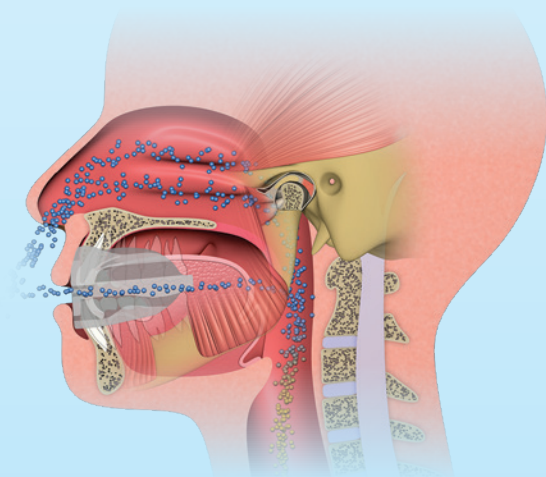
NOSE BREATHING
Elevated tongue

Introducing the Myosa® program

The *Myosa*® for *TMJBDS*® program involves specific evaluation, diagnosis and treatment phases to identify the presence of Sleep-Related Breathing Disorders (SRBD) and Temporomandibular Joint Disorder (TMD). These disorders are interrelated and have been combined into one collective syndrome known as *TMJBDS* - symptoms relating to **T**eeth, **M**uscles, **J**aws, **B**reathing and **D**isordered Sleep.

Along with providing rapid symptom relief, the *Myosa*® program facilitates treatment specifically designed to address the root causes of the problem.

The *Myosa*® program aims for complete symptom resolution, although results may vary with each individual.



CAUTION: Intraoral appliances may change the position of teeth and alter the jaw relationship. Unlike rigid mandibular advancement devices (MAD), *Myosa*® appliances are flexible and minimise the potential to cause pain in the jaw joints or permanently change the bite.

Myosa® Activity 1

Light Breathing Awareness

If you breathe too fast at night, the airway is more likely to collapse. With the *Myosa® S1H* in place, take a few fast, deep breaths through your mouth. You will notice that the lip and tongue tubes close and restrict your breathing when you breathe heavily and quickly. This is what happens to your airway at night with breathing dysfunction. Now take several slow, light breaths through your mouth. Note that the tubes remain fully open. Practise light breathing as slowly and as lightly as possible to train yourself not to collapse your airway.

Myosa® Activity 2

Breathing Awareness and Transition to Nasal Breathing

Breathing through the nose is an essential goal for correcting breathing and TMD.

With the *Myosa® S1H* in place, close down on the lip tube. You should be aware of your mouth breathing habit now and forced to breathe through your nose. Another way to test for this is to push up on the tongue tube as this also cuts off mouth breathing and makes you breathe through the nose. This is the correct way to breathe, with the lips together and the tongue placed in the roof of the mouth. Be careful not to become breathless and breathe too quickly on the next breath as this collapses the airway. Time how long you can comfortably close the lip or tongue tube and breathe just through your nose. With practise, the length of time you can do this should increase each day.

In time, this will transition you to nasal breathing if there is no physical obstruction. If the time that you are able to lightly and comfortably nasal breathe does not increase and you find this activity to be very difficult, you will need to investigate the blockage with an ENT physician and report this to your health practitioner.

Myosa® Activity 3

Active Lip and Tongue Strengthening

Place the *Myosa® S1H* into the mouth. Compress and close the lip tube for three breaths, then release. Repeat this 10 times. Next, do the same with the tongue tube. Compress for three breaths, then release. Repeat this 10 times. Once you are familiar with the exercise, practise the lip and tongue exercise simultaneously. Complete this exercise twice daily.

Myosa® Activity 4

Advanced Tongue and Lip Strengthening

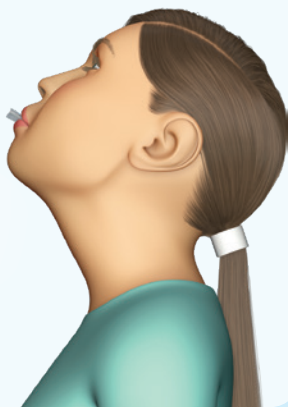
Repeat the above exercise with your head tilted backwards. This exercises the airway muscles that control patency. Strengthening these muscles, along with light breathing exercises, has been shown to assist in preventing airway collapse.

Myosa® Activity 5

Jaw Joint Exercise

Lightly bite down on the air spring base of the *Myosa® S1H*. Hold for three breaths, then release. Repeat 10 times. Practise this exercise twice daily. Increase the number of breaths and the number of sets as the strength of your muscles improve.

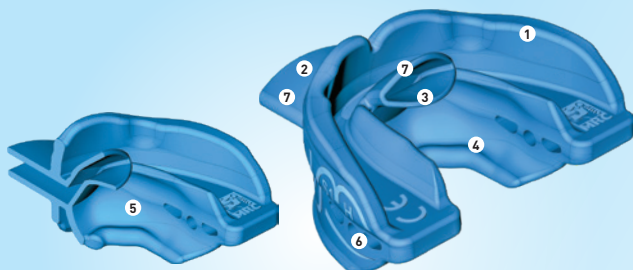
Perform all activities under the direction of your health practitioner.



Myosa® S1H

The *Myosa® for TMJBDS® S1H* is a hybrid appliance that combines the benefits of passive and active myofunctional treatment. The large breathing aperture at the front allows for oral breathing without interference from the tongue, while the lip and tongue tubes serve as an active tongue, lip and airway muscle strengthening feature. Simultaneously, the tongue tube guides the tongue forwards, allowing air to pass directly into the mouth without obstruction, also adding an active tongue strengthening feature to the appliance.

Myosa® for TMJBDS® S1H – Design features



- 1 High sides** provide good retention without moulding.
- 2 One large breathing aperture** to maintain oral breathing without interference from the tongue and lips.
- 3 Patented tongue tag** guides tongue forwards and allows air to pass directly into the mouth unobstructed by the tongue.
- 4 Tongue elevator** holds the tongue in an upward and forward position.
- 5 Soft and flexible silicone** material optimises comfort with no fitting required.
- 6 Multiple air spring base** opens airway while providing comfort for the jaw joints (TMJ) and assists in alleviating TMJ disorders and clicking.
- 7 Lip and tongue tubes** for active breathing and muscle strengthening exercises.

S1H
HYBRID

Indications for use

Prior to using the *Myosa*® appliance, the treating practitioner may refer the patient to a medical specialist for assessment of certain suspected sleep disorders. The *Myosa*® intraoral appliance provides treatment for patients with symptoms of TMJBDS and is to be used during the day until comfort is achieved. Once accustomed to, it should be used for one hour per day and overnight while sleeping.

Instructions for use



Step 1 –
Hold the *S1H* appliance with the tongue tube facing up.



Step 2 –
Place the *S1H* into the mouth.



Step 3 –
Close down on the *S1H*.

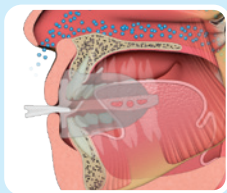
Do not chew on your *Myosa*® appliance!

Initially use the *S1H* during the day for one hour and include 15 minutes with active exercises unless otherwise instructed by your practitioner.

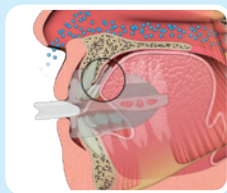
May fall out at night while sleeping in initial stages of treatment. If this happens, increase daytime use.

Hybrid myofunctional treatment

A hybrid is an offspring resulting from the combination of two unique elements. Treatment with the *Myosa*[®] *S1H* combines active muscle strengthening and toning exercises with static stretching of the muscles and passive retraining of the mode of function to reposition the jaw and tongue. By combining these elements, the *S1H* mixes the proven benefits of the *Myosa*[®] and *Myotalea*[®] passive and active treatment ranges.



Lip compression tube



Tongue compression tube

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*[™].

IMPORTANT: CONSULTATION WITH A MEDICAL PRACTITIONER IS ESSENTIAL TO CORRECTLY EVALUATE YOUR CONDITION.

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