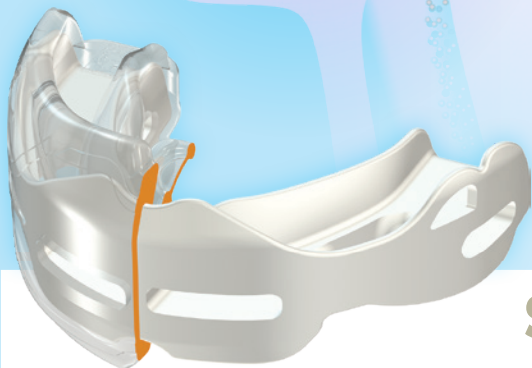


MYOFUNCTIONAL SLEEP APPLIANCE

myosa[®]

SLEEP WELL THE NATURAL WAY

USE FOR
ONE HOUR
EVERY DAY
AND WHILE
SLEEPING



TMJBDS[®]
FOR TMJ, BREATHING
& DISORDERED SLEEP

S1^M

**STAGE 1
MOULDBLE
MOUTH BREATHER
VERSION**

www.myosa.com

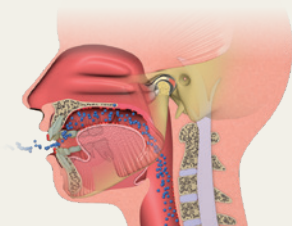
WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

Understanding the problem

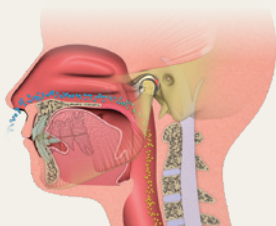
Sleep and jaw joint disorders affect a large number of the population all around the world. Most suffering patients are undiagnosed or incorrectly treated since the wide range of symptoms can make it difficult to establish the causes and appropriate treatment. Symptoms such as headaches, neck pain, night-time 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



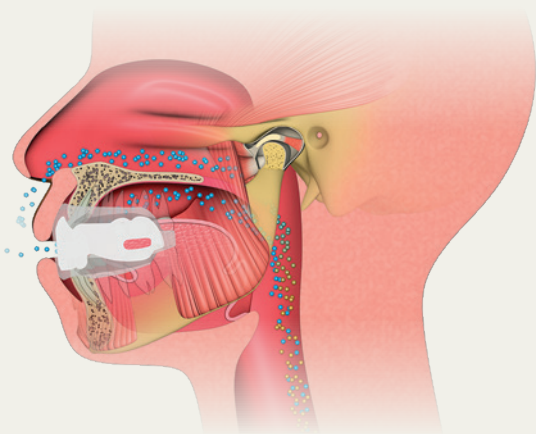
NOSE BREATHING
Elevated tongue

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), the *Myosa*® appliances are flexible and minimise the potential to cause pain in the jaw joints or permanently change the bite.

Myosa® S1M - Stage 1

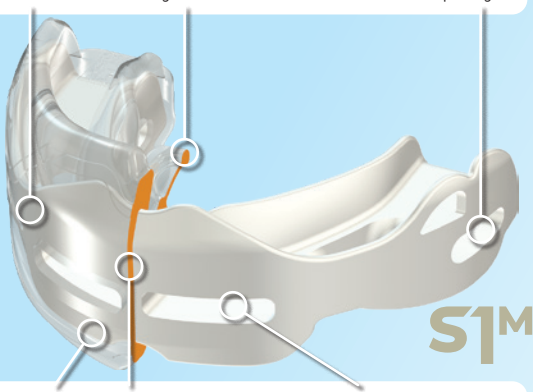
Myosa® for TMJBDS® S1 Mouldable (S1M) is specifically designed for patients who breathe through the mouth while sleeping. The appliance helps with diagnosis and treatment of TMJBDS. It works by advancing the sleeper's lower jaw and opening the bite, which has the effect of opening the airway. Additionally, the *S1M* has two large breathing holes at the front to regulate breathing as well as a patented *Air Spring Core™* to cushion the jaw joint. The dual-moulded construction allows for a custom fit and provides optimum retention for mouth breathers while sleeping.

Myosa® for TMJBDS® S1M - Design features

Soft thermoplastic material allows for a tight fit on the upper and lower teeth.

Tongue tag encourages the correct resting position of the tongue.

Air Spring Core™ both opens the airway and is comfortable for the jaw joints by allowing maximum vertical opening.



Tongue elevator holds the tongue in the correct position.

Dual-moulded construction with a rigid inner frame and a soft outer layer for a custom fit.

Two large breathing holes regulate breathing for mouth breathers.

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.



Step 1 – Pour freshly boiled water into a glass bowl. Immediately place the *S1M* into water for 60 seconds upside down with base upmost.



Step 2 – Gently lift the *S1M* from boiled water using a spoon and shake off excess water to bring the surface temperature to a comfortable level. Quickly proceed with the next step.



Step 3 – Use a mirror to line up centre of *S1M* with centre line of upper teeth, then press firmly against front teeth and molars.



Step 4 – Close mouth while biting down firmly on *S1M*. Suck in strongly and press edges into teeth and gumline through the lips and cheeks (continue for 20 seconds).



Step 5 – Remove from mouth and cool under tap water for 2 minutes. Reinsert into mouth to check for a firm fit. If necessary, repeat fitting procedure once *S1M* has returned to room temperature.

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

The patient can repeat the moulding process as many times as needed during the treatment process.

Design features

- Unique dual-moulded construction with a soft thermoplastic material allows for a tight fit on the upper and lower teeth.
- Two large breathing holes effectively regulate breathing for mouth breathers.
- Tongue tag encourages the correct resting position of the tongue, increasing the airway and decreasing the incidence of snoring.
- *Air Spring Core*™ both opens the airway and provides comfort for the jaw joints by allowing maximum vertical movement, which decompresses the jaw joints and reduces clicking.
- The *Myosa*® *S1M* can be used in combination with other *Myosa*® appliances during the day.

The *Myosa*® *S1M* can be followed by the *Myosa*® *S2* or *S2M* after symptom improvement in 3-4 months.

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



NON
STERILE
CLEAN
BEFORE USE