

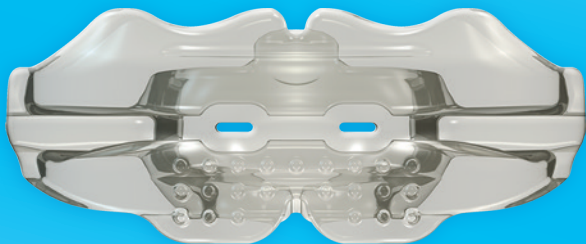
MYOFUNCTIONAL SLEEP APPLIANCE

**myosa**<sup>®</sup>

SLEEP WELL THE NATURAL WAY

**S3**

USE FOR  
ONE HOUR  
EVERY DAY  
AND WHILE  
SLEEPING



**TMJBDS**<sup>®</sup>  
FOR TMJ, BREATHING  
& DISORDERED SLEEP

**STAGE 3**  
ESTABLISHED NOSE  
BREATHER VERSION

[www.myosa.com](http://www.myosa.com)

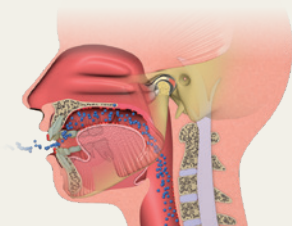
WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

## Understanding the problem

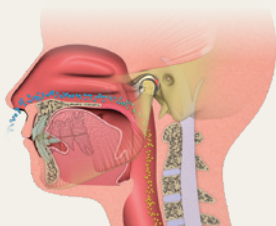
Sleep and jaw joint disorders affect a large number of the population all around the world. Most suffering patients are undiagnosed or incorrectly treated since the wide range of symptoms can make it difficult to establish the causes and appropriate treatment. Symptoms such as headaches, neck pain, night-time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



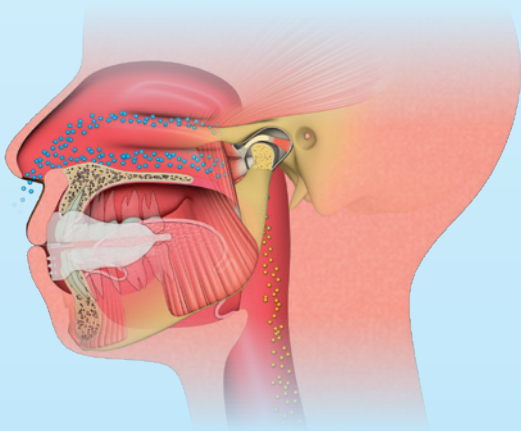
**NOSE BREATHING**  
Elevated tongue

# 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® S3 - Stage 3

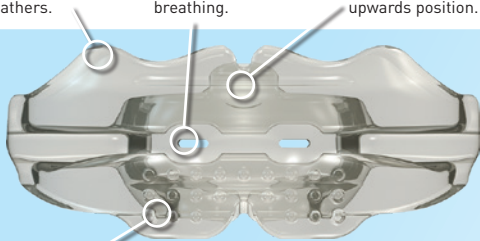
*Myosa® for TMJBDS® S3* is designed for patients who have progressed through previous stages of *Myosa®* treatment (S1 and S2). The *Myosa® S3* provides less advancement of the lower jaw and a thinner base for less vertical opening. This helps the patient transition to normal jaw positioning and vertical opening. The *Myosa® S3* is used once nasal breathing has been established and symptoms of TMJBDS are greatly reduced. It is commonly used in conjunction with *Myotalea®* appliances to strengthen the tongue and lips to improve nasal breathing and correct poor oral habits.

### Myosa® for TMJBDS® S3 - Design features

**Lower sides** provide good retention for established nasal breathers.

**Two small breathing holes** designed to maintain nasal breathing.

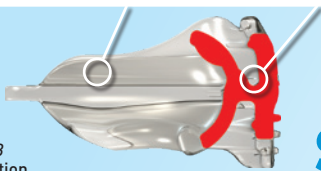
**Tongue tag** maintains the tongue in the correct forwards and upwards position.



**Tongue elevator** holds the tongue in the correct position.

**Flexible material** for improved patient compliance and comfort.

**Thinner base** provides optimal jaw position and normal vertical opening.



Myosa® S3  
cross section

**S3** **STAGE 3**  
ESTABLISHED NOSE  
BREATHER VERSION

## Indications for use

Prior to using the *Myosa*<sup>®</sup> appliance, the treating practitioner may refer the patient to a medical specialist for assessment of certain suspected sleep disorders. The *Myosa*<sup>®</sup> 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



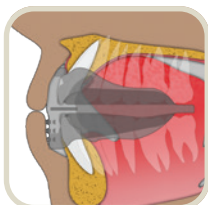
**Step 1** – Hold the *Myosa*<sup>®</sup> appliance with the tongue tag facing up.



**Step 2** – Place the *Myosa*<sup>®</sup> appliance into the mouth.



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



**Step 4** – Close down on the *Myosa*<sup>®</sup> appliance and allow it to guide the jaw forward.



**Step 5** – Make an effort to keep the lips together and breathe through the nose.

**Do not chew on your *Myosa*<sup>®</sup> appliance!**

The S3 is intended for daytime and night-time use.

## Design features

- Two small breathing holes designed to maintain habitual nasal breathing.
- Tongue tag maintains the tongue in the correct forwards and upwards position.
- Tongue elevator holds the tongue in the correct position.
- Soft flexible material allows lateral movement, making the *Myosa*<sup>®</sup> S3 more comfortable than rigid devices.
- Lower sides provide good retention for established nasal breathers.
- Thinner base provides optimal jaw positioning and normal vertical opening.

The *Myosa*<sup>®</sup> S3 is used after treatment with the S2 or S2M appliance once nasal breathing has been established and symptoms of TMJBDS have reduced.

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

## 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.



**Myosa<sup>®</sup> by Myofunctional Research Co.**  
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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