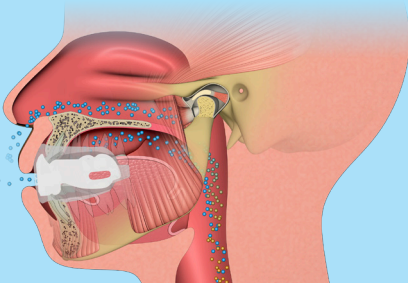




Treatment with Oral Appliances

Treatment with oral appliances is now considered the most convenient way to alleviate snoring as well as other breathing disorders. These appliances function by posturing the lower jaw forward and opening the bite, which works to open the airway and help decrease snoring. Effectiveness can vary between individuals and depends on the cause and severity of the problem. Sleep Disordered Breathing (SDB) can cause snoring, gasping, cessation of breathing such as Obstructive Sleep Apnoea (OSA) and interrupted sleep. When in place, the *Myosa*® opens the airway and controls over-breathing through the mouth. The *Myosa*®'s flexible sides with air spring base minimise impact on the jaw joints. The appliance is suitable for users who are bruxers or have some jaw joint problems.



CAUTION: Intra-oral appliances may change the position of teeth and alter the jaw relationship. Rigid Mandibular Advancement Devices (MAD) can also cause pain in the jaw joints or permanently change the bite. Because of its flexible nature the *Myosa*® S1M appliance minimises the potential for this.

myosa®

Mouldable for optimal fit

Fold

Designed specifically for snorers who breathe through their mouth while sleeping.
Myosa® S1 Mouldable - 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 elevators hold the tongue in the correct position.

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

2 large breathing holes regulate breathing for mouth breathers.

The *Myosa*® S1M effectively alleviates snoring and is made from soft flexible material allowing for better comfort than rigid devices. Suitable for TMJ (jaw joint) problems.

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.

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Single Patient Use.



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Mouldable version

for optimal fit

Fold



MYOFUNCTIONAL SLEEP APPLIANCE

myosa®

FOR SNORERS

MOUTH BREATHER

S1M
STAGE I

START
MOULDABLE

www.myosa.com

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

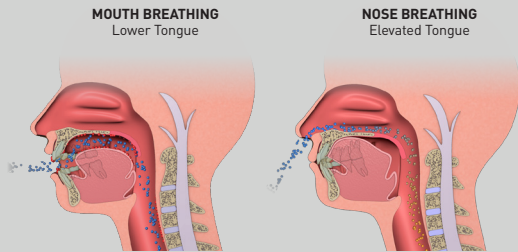


Understanding the problem

Snoring occurs when the flow of air through the nose or mouth is obstructed during sleep. While this airflow obstruction is typically caused by relaxation and poor tone of the muscles around the throat and jaws, there are many underlying causes of snoring as well as other breathing disorders. The most common of these are chronic mouth breathing, poor diet, over weight and lack of forward development of the jaws. Additionally, orthodontics with extractions can make breathing problems worse.

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 their 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 re-learn to breathe correctly, through the nose, at all times so the lower jaw and tongue is held forward and the airway is kept open.

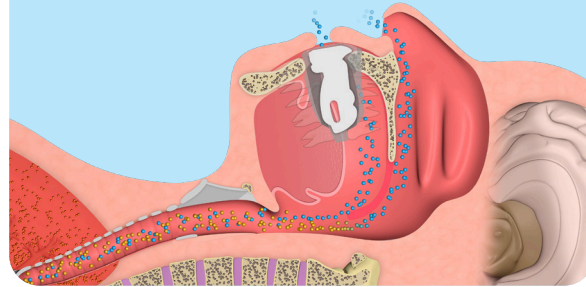


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Myosa® S1 Mouldable - Stage 1

Myosa® S1 Mouldable (S1M) is specifically designed for snorers who breathe through the mouth while sleeping. The appliance alleviates snoring 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.

The *Myosa® S1M* alleviates snoring by advancing the lower jaw and opens the bite, which has the effect of opening the airway. Two large breathing holes at the front regulate mouth breathing.



Cleaning your Myosa®: Run your *Myosa®* appliance under warm water every time you remove it from your mouth. Use *Myoclean™* tablets to correctly clean twice every week. Ask your doctor or dental therapist about *Myoclean™*, the recommended cleaning agent for all *Myosa®* appliances.



Indications for use:

Use the *Myosa®* for 1 hour each day and while sleeping.

Daytime use: trains you to breathe through the nose and to correct your tongue position using the tongue tag.

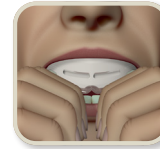
Nighttime use: use holds the lower jaw forward to improve breathing and positions the tongue forward.



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



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. Re-insert into mouth to check for a firm fit. If necessary, repeat fitting procedure once *S1M* has returned to room temperature.

Do not chew on Myosa® appliance

You can repeat the moulding process as many times as needed for a comfortable fit.