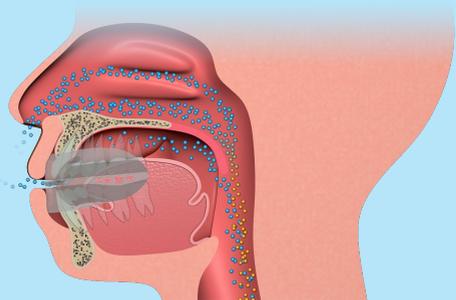


## Treatment with Oral Appliances

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 Disorder Breathing (SDB) can cause snoring, gasping, cessation of breathing such as Obstructive Sleep Apnoea (OSA) and interrupted sleep, which can result in drowsiness during the day as well as behavioural problems in children. Additionally, other serious health issues such as circulation or heart problems have now been associated with snoring and sleep disorders.

When in place the *myOSA*® will open the airway and control over-breathing through the mouth. The *myOSA*®'s flexible sides with airspring base minimise impact on the jaw joints. The appliance is suitable for users who are bruxers or suffer from TMJ/D.



**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*® S2 appliance minimises the potential for this.

## Design Features

- No fitting or adjustment required - immediate use.
- High sides provide good retention without moulding.
- 4 breathing holes effectively regulate breathing for mouth breathers.
- Tongue tag guides the tongue forwards and upwards into the correct position.
- Tongue elevator holds the tongue in the correct position.
- Soft flexible material allows lateral movement making the *myOSA*® S2 more comfortable than rigid devices.
- Easy on jaw joints. Suitable for TMJ patients.
- Provides optimum jaw position and vertical opening for most patients.

The *myOSA*® S2 can be used after treatment with the *myOSA*® S1 to assist in treating Sleep Disorder Breathing (SDB).

**Cleaning your *myOSA*®:** Clean your *myOSA*® appliance under warm running 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.

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

**myOSA**®

For more information, visit [www.myosa.com](http://www.myosa.com)  
**myOSA**® BY MYOFUNCTIONAL RESEARCH CO.

SEE INSTRUCTIONS



myOSA\_S2\_IN5\_ENG

**myOSA**®

MYOFUNCTIONAL SLEEP APPLIANCE

FOR  
**SNORERS**



STAGE 2  
Nose Breather  
Superior Comfort

WORLDWIDE PATENTS. DETAILS AVAILABLE AT 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 muscle 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 Disorder Breathing (SDB) problems.

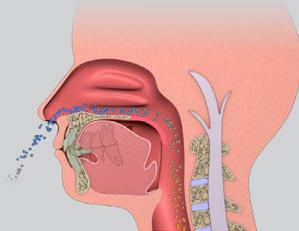
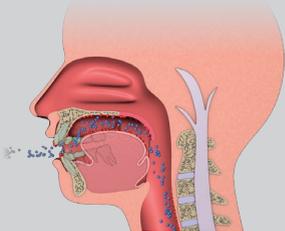
If a child breathes through their mouth the jaws will not develop forwards correctly. Adults who have SDB will usually have underdeveloped jaws, which cause the tongue and lower jaw to restrict the airway. Therefore, it is important to re-learn to breathe correctly, through the nose, at all times so the lower jaw and tongue is held forward and the airway is kept open.

#### MOUTH BREATHING

Lower Tongue

#### NOSE BREATHING

Elevated Tongue



## myOSA® S2 - Stage 2

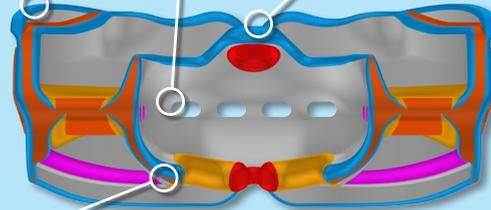
The *myOSA for Snorers™ (S2)* is specifically designed for snorers who are not chronic mouth breathers or who have already undergone treatment with the *S1* appliance. The appliance, which is more comfortable than the *myOSA® S1* appliance, alleviates snoring by advancing the sleeper's lower jaw and opening the bite, although to a lesser extent than the *myOSA® S1*. Because of its smaller breathing holes, the *myOSA® S2* appliance also optimises breathing regulation by requiring some breathing through the nose and when the lips close over the breathing holes retraining to nasal breathing occurs.

### myOSA® S2 - design features

**High sides** provide good retention without moulding.

**4 breathing holes** effectively regulate breathing for mouth breathers.

**Tongue tag** guides the tongue forwards and upwards into the correct position.

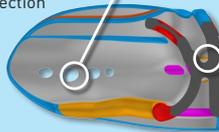


**Tongue elevator** holds the tongue in the correct position.

**Air spring base** is comfortable for the jaw joint.

**Provides optimum jaw position** and vertical opening for most patients.

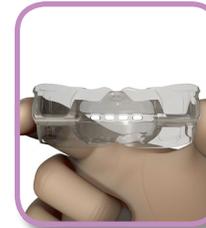
myOSA® S2  
Cross Section



**S2**  
STAGE 2

## Instructions for use:

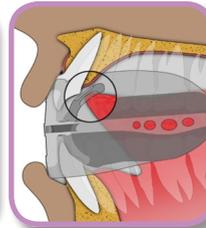
Prior to using the *myOSA®* device see a medical practitioner for a medical examination of your snoring or SDB. A Doctor will be able to evaluate the potential benefit of an intra-oral appliance compared to other treatments. The *myOSA® S2* serves as both diagnostic tool and initial treatment modality and can determine the effectiveness of an intra-oral appliances for SDB treatment.



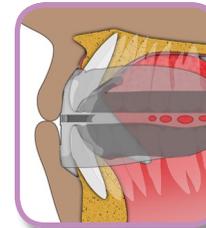
**Step 1** – Hold the *myOSA®* with the tongue tag facing up.



**Step 2** – Place the *myOSA®* into your mouth.



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



**Step 4** – Close down on the *myOSA®* and allow it to guide your jaw forward.



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

**Do not chew on your myOSA®!**

Initially use the *myOSA® S2* during the day to become accustomed to it. Once accustomed to the *myOSA® S2* use it while sleeping.