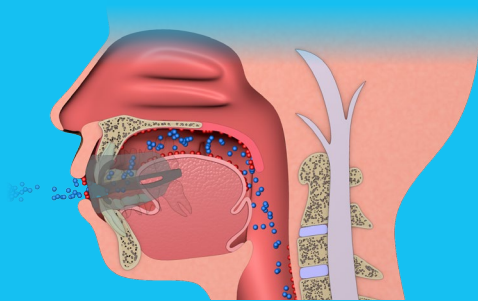


## Treatment with Oral Appliances

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*® for Kids appliance minimises the potential for this.

The *myOSA* for Kids™ is a medium sized myofunctional sleep appliance for children aged between six and twelve years old. By focusing on treatment of the upper airway compromise and neuromuscular dysfunction causing SDB, the *myOSA* for Kids™ ensures lifelong health complications are avoided.

### Benefits:

- Comes ready to wear so there is no fitting required.
- Soft, flexible and comfortable to wear.
- Repositions the lower jaw to open the airway and improve airflow for the wearer.
- Regulates breathing through the mouth and promotes correct nasal breathing.
- Helps to ensure the tongue is postured correctly against the palette.
- Gentle on the jaw joints.

**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.

**USE ONLY UNDER THE SUPERVISION OF A LICENSED MEDICAL OR DENTAL PRACTITIONER.**

**DIET MAY BE A CONTRIBUTING FACTOR IN YOUR CHILD'S SDB. SEEK PROFESSIONAL MEDICAL ADVICE OR FOR MORE INFO VISIT MYOSA.COM**

**myOSA®**

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

SEE INSTRUCTIONS



K\_myOSA\_INS\_ENG

**myOSA®**

**MYOFUNCTIONAL SLEEP APPLIANCE**

**For Kids**

6 - 12 years



WORLDWIDE PATENTS. DETAILS AVAILABLE AT MYORESEARCH.COM

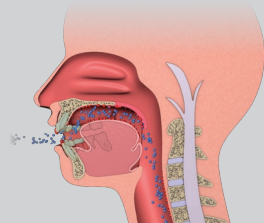
## Understanding the problem

SDB in children has been recognised as causing widespread health, developmental and behavioral problems, including difficulty concentrating at school. Additionally, as well as being detrimental to the development of the face, jaws and teeth, if left untreated pediatric SDB can lead to significant and serious health problems causing poor quality of life later in adulthood. By focusing on treatment of the upper airway compromise and neuromuscular dysfunction causing SDB, the *myOSA® for Kids* ensures lifelong health complications are avoided.

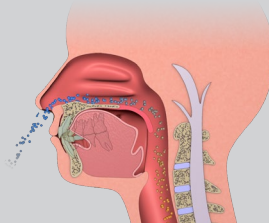
### Normal nose breathing vs mouth breathing

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

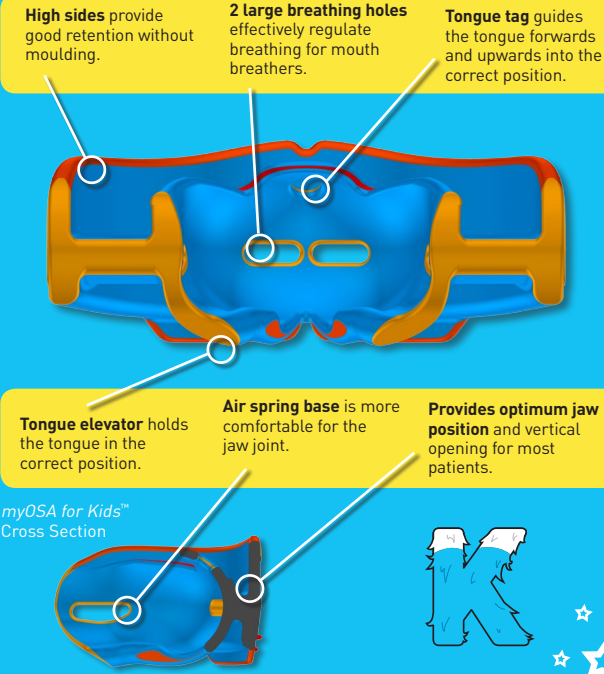


**NOSE BREATHING**  
Elevated Tongue

## myOSA for kids™

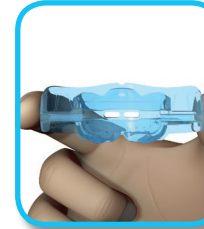
The *myOSA for Kids™* is a medium sized appliance designed for children aged between six and twelve years old. The appliance is ideal for treating the causes of SDB in the mixed dentition stage and works by correcting the lower jaw position to open the airway, regulating the breathing and posturing the tongue in the upper jaw.

### myOSA for Kids™ - design features



## Instructions for use:

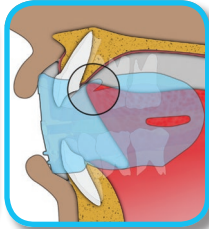
Prior to using the *myOSA®* device see a medical practitioner for a medical examination of your child's snoring or SDB. A doctor will be able to evaluate the potential benefit of an intra-oral appliance compared to other treatments. The *myOSA for Kids™* serves as both a diagnostic tool and initial treatment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



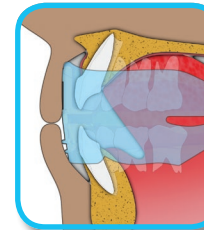
**Step 1** – Hold the *myOSA®* with the tongue tag facing up.



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