Talk with your dentist to find out if a sleep appliance can help you sleep better

Benefits of a sleep appliance

- Discreet
- Comfortable, easy to wear
- Convenient for travel
- Easy to care for
- Quiet
- Time to treatment-14 days

**Sleep Health Questionnaire**

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you or your bed partner snore loudly (louder than talking or loud enough to be heard through closed doors)?</td>
<td></td>
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<tr>
<td>Do you or your bed partner often feel tired, fatigued, or sleepy during the day?</td>
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<tr>
<td>Has anyone ever told you that you stop breathing or gasp during sleep?</td>
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<tr>
<td>Is your neck size greater than 17” (male) or 16” (female)?</td>
<td></td>
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</tbody>
</table>

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With your dentist’s help, you can live a healthier, more productive life through better sleep!

Your sleep health is important to us!
**What is sleep disordered breathing?**

While asleep, some people stop breathing for short periods of time. This could be sleep apnea.

These pauses in breathing may occur a few times a night, or in more severe cases, several hundred times a night.

**What causes sleep apnea?**

During sleep, when your muscles relax, the soft tissues in the back of your throat can collapse and block your airway.

When this happens, you may snore loudly or make choking noises as you try to breathe.

You may wake up frequently due to a lack of oxygen, which will affect the quality of your sleep and can have severe negative health consequences.

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**Why should you treat sleep apnea?**

Sleep apnea sufferers are at higher risk of:

- Excessive daytime sleepiness
- High blood pressure
- Heart attack
- Stroke
- Diabetes
- Decreased sex drive
- Driving and work-related accidents

Talk to your dentist to find out if you have sleep apnea. It could be life changing!

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**How do you test for sleep apnea?**

The MATRx plus™ is an easy-to-use home sleep testing system that runs on a dedicated tablet.

Through a computer-controlled cloud based app, your sleep and breathing is monitored through the night in your home in your own bed.

This information is sent directly to your dentist’s office before you return for your next visit.

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**Is a sleep appliance right for you?**

A popular and effective treatment for sleep apnea is the use of a personalized oral appliance.

Quickly inserted before you go to sleep, an oral appliance stops your jaw from dropping back, ensuring a stable and open airway.

Oral appliance therapy may be the solution to help you sleep better, have more energy, improve your health, and enable your partner to sleep better too.

Talk to your dentist to find out if you have sleep apnea. It could be life changing!