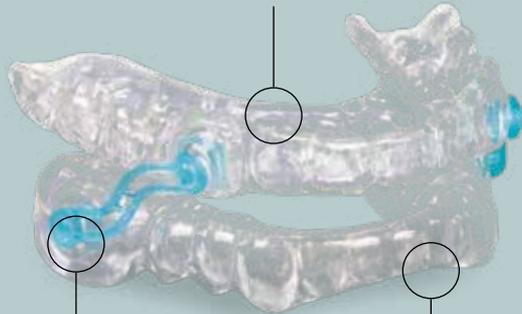


Ask your dentist if Silent Nite sl is right for you

Your dentist has a simple checklist that will help determine the exact design of your Silent Nite sl. Your dentist will also be able to advise you whether this device could help you or your loved ones obtain better, more healthful and restful sleep.

Soft inner layer rests comfortably against teeth and gums



Special Slide-Link connectors position the jaw to keep the airway open and prevent snoring

Hard outer shell is durable and resists breakage

Color Options

Pink

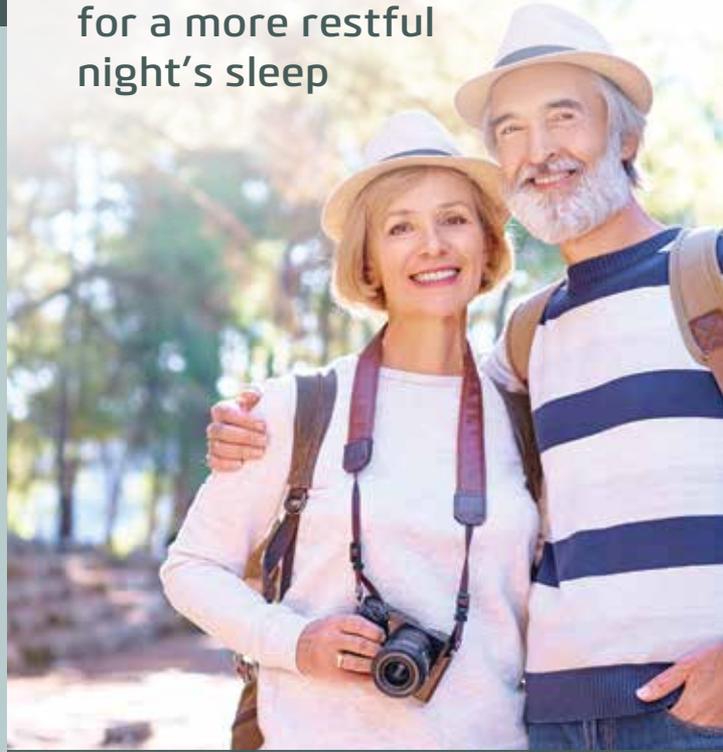
Blue

Clear

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A simple solution for a more restful night's sleep



SILENT NITE[®]
SLIDE-LINK



Oral Appliance Provided by Your Dentist



The dangers of snoring

It is estimated that more than 90 million North Americans snore.¹ Taking into account the snorer's spouse and children, **as many as 160 million people are negatively affected by snoring.** And snoring doesn't merely interrupt your sleep cycle. The struggle for breath can result in soaring blood pressure, which can damage the walls of the carotid arteries and increase the risk of stroke.² At certain levels of severity, complete blockage of the airway space by the soft tissues and the tongue can occur. If this period of asphyxiation lasts longer than 10 seconds, it is called **obstructive sleep apnea (OSA), a medical condition with serious long-term effects.**³

What causes snoring?

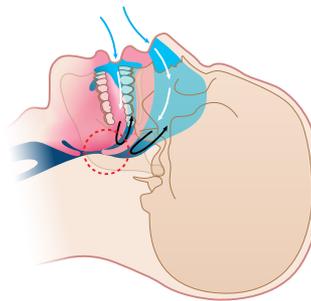
During sleep, muscles and soft tissues in the throat and mouth relax, shrinking the airway. This increases the velocity of airflow during breathing. As the velocity of required air is increased, soft tissues like the soft palate and uvula vibrate. The vibrations of these tissues result in "noisy breathing" or snoring.⁴

Surgical techniques used to remove respiration-impairing structures have shown only moderate

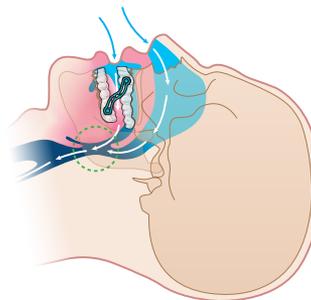
success rates (20 to 40 percent).⁵ For the majority of snorers, the most affordable, noninvasive, comfortable and effective snoring solution remains a **snore prevention device, such as Silent Nite sl, provided by dentists.**

How can I prevent snoring?

Silent Nite sl is a custom-fabricated dental device that moves the lower jaw into a forward position, increasing space in the airway and reducing air velocity and soft tissue vibration. Special Slide-Link connectors are attached to transparent flexible upper and lower splints. The splints are custom laminated with heat and pressure to the dentist's model of the mouth. The **fit is excellent and comfortable,** permitting small movements of the jaw and allowing uninhibited oral breathing.



Snoring is the sound a partial airway collapse makes. Obstructive sleep apnea is a condition where the airway collapse completely obstructs airflow.



Silent Nite sl is a device that supports and positions the mandible during sleep in order to activate the muscles and ligaments of the airway to prevent airway collapse.