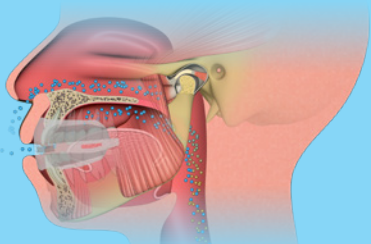




Treatment with oral appliances

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. Unlike rigid Mandibular Advancement Devices (MADs), the Myosa® appliances are flexible and minimise the potential to cause pain in the jaw joints or permanently change the bite.

myosa®
MYOFUNCTIONAL SLEEP APPLIANCE

**No moulding.
No adjustment.
IMMEDIATE USE.**

Fold

Designed specifically for snorers who breathe through their mouth while sleeping.

High sides provide good retention without moulding.

4 large 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.

The Myosa® S1 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.

Single Patient Use. Lifetime use: 6 months based on everyday wear. Replace after 12 months regardless of wear time.



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Tel: +61 7 5573 5999

www.myosa.com



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MYOFUNCTIONAL SLEEP APPLIANCE

myosa®

**FOR
SNORERS**

MOUTH BREATHER

S1

Worldwide patents. Details available at myoresearch.com

myosa.com



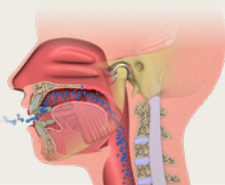
Understanding the problem

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.

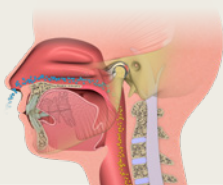
Normal nose breathing vs mouth breathing

Mouth breathing is abnormal and is one of the causes of Sleep 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.

MOUTH BREATHING
Lower tongue



NOSE BREATHING
Elevated tongue



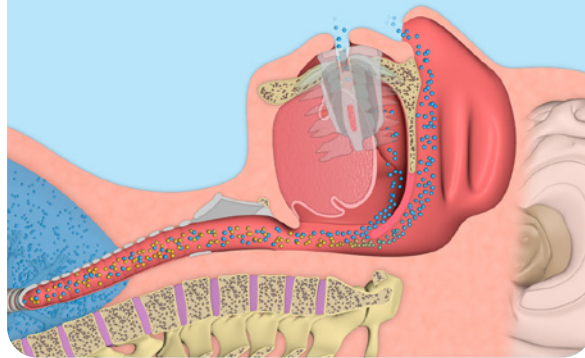
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Myosa® S1

Myosa® for Snorers S1 is specifically designed for snorers who breathe through their 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 *Myosa® S1* has four large breathing holes at the front to regulate breathing as well as a patented *Air Spring Core™* to cushion the jaw joint. The appliance's flexible design also makes it suitable for jaw joint disorder.

The *Myosa® S1* alleviates snoring by advancing the lower jaw and opens the bite, which has the effect of opening the airway. Four large breathing holes at the front regulate mouth breathing.



Fold



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



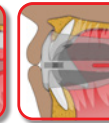
Step 1 – Hold the *Myosa®* with the tongue tag facing up.



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 your lips together and breathe through your nose.

Do not chew on your *Myosa®*!

Initially use the *Myosa® S1* during the day to become accustomed to it. Once accustomed to the *Myosa®* use it while sleeping.

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.