

Treatments for OSA

Life Style Changes

- Loss of weight, sleep on your side and not on your back, avoid alcohol and taking sedatives before bed are some of the remedies that may be suggested by your physician.



Continuous Positive Airway Pressure (CPAP)

- CPAP is a medical device that delivers continuous positive air through a mask or nasal tube attached to a pump. It functions by keeping the upper airway open during sleep



Oral Appliance Therapy (OAT)

- OAT is an alternative to CPAP for mild to moderate or patients that can not tolerate CPAP. Oral appliances expand the airway by moving the tongue and jaw forward, thus creating more room for air to flow.



Surgery

- Surgery may be used to remove anatomical obstacles (adenoids and tonsils), open the airway or reduce the size of the tongue. Usually surgery is an option after the other treatments fail.



ApneaRx - Affordable New Treatment for Sleep Apnea

Each patient's mouth is different. That is why ApneaRx comes in standard and small sizes. ApneaRx is the only boil and bite device that can adjust the jaw in 1 mm increments up to 10 mm (just like custom oral appliances) without the use of screws and plastic straps. Physicians and dentists are using ApneaRx to help predict the success of the more expensive custom oral appliances. It also makes a great travel device or alternative treatment for those patients who can not afford or are not ready to purchase a custom oral appliance.



ApneaRx is in a Class by Itself

Why ApneaRx:

- ✓ **Multiple Sizes** - for a more precise fit
- ✓ **Micro-Fit** - 10 mm adjustment range in 1mm increments to precisely open the passage air way
- ✓ **Comfort-Fit** - custom molded to patient's mouth is 10 minutes
- ✓ **FDA cleared for both snoring and sleep apnea**
- ✓ **No risk guarantee**



ApneaRx Sizing

- **Standard** - fits standard and larger jaws
- **Small** - fits smaller jaws
- **If size is in question**, use ApneaRx-Standard or check with the bite chart on apnreax.com or below

For more information

Please visit our website www.apnreax.com
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Sizing Template

Finger

With the brochure folded closed, place finger where indicated. Place teeth to finger and bite down on the template to determine the correct size.

Choose the size that best matches the bite imprint.
Standard
Small/Female

APNEARx®

Micro-adjustable Sleep Apnea Appliance



Obstructive Sleep Apnea A Patient Guide

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What is OSA?

If your partner says you are snoring or you do not get a good night's sleep you may have Obstructive Sleep Apnea (OSA). Snoring is considered a major indicator of OSA, and risk factors include weight gain, age, family history and anatomic abnormalities.



OSA is when breathing stops for 10 seconds or more while you are asleep. It is caused by the narrowing of the upper airway during sleep. These abrupt disturbances put significant strain on our heart and cardiovascular system.

OSA Classification

OSA can be classified into the following categories.

- Mild OSA: 5-14 episodes per hour
- Moderate OSA: 15-30 episodes per hour
- Severe OSA: 30 episodes per hour.

Untreated Sleep Apnea May Cause or Worsen

- High blood pressure or other cardiovascular disease
- Memory loss
- Impotency and sexual dysfunction
- Risk of heart attack
- Risk of stroke
- Pulmonary hypertension
- Migraine heads
- Depression and anxiety

OSA Diagnosis

Polysomnography (PSG) Sleep Tests



- This test is performed in a sleep lab which is usually in a hospital or clinic. During the night, electrodes are attached to the patient's head, edges of the eyes, chin, chest and lower legs to measure various physiological parameters. Elastic belts are placed around the chest and abdomen. Finally a pulse oximeter, which measures oxygen saturation in blood, is attached to the finger. Together these provide the physician with information to make the diagnosis.

Home Sleep Test



- An alternative for some patients is a home sleep test. This study is conducted in the patient's home, generally for one night. No technician is required. Home sleep test captures most of the information required to make a diagnosis. Patients with co-morbidities may need the PSG sleep test.

Do you have OSA?

STOP-Bang Sleep Apnea Questionnaire¹

Please answer the following questions below to determine if you might be a Sleep Apnea sufferer. Circle the answer.

Snoring?

Yes No

Do you Snore Loudly (louder than talking or loud enough to be heard Through closed doors)?

Tired?

Yes No

Do you often feel Tired, Fatigued, or Sleepy during the daytime?

Observed?

Yes No

Has anyone Observed you Stop Breathing during your sleep ?

Pressure ?

Yes No

Do you have or are being treated for High Blood Pressure ?

Body Mass Index more than 35

Yes No

(If you do not know your BMI score - are you over weight)?

Age

Yes No

Older than 50?

Neck size large?

Yes No

Do you have a Neck that Measures more than 16 inches/40 cm around?

Gender = Male?

Yes No

Scoring:

- Low risk of OSA: Yes to 0-2 questions
- Intermediate risk of OSA: Yes to 3-4 questions
- High risk of OSA: Yes to 5-8 questions.

1. Chung F et al. Anesthesiology 2008; 108: 812-821, and Chung F et al Br J Anaesth 2012; 108: 768-775.