

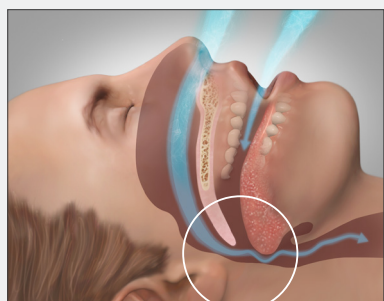


# Did You Know Snoring Can Be a Symptom of Major Health Risks?

## The Facts Behind Snoring and Why It Shouldn't Be Ignored

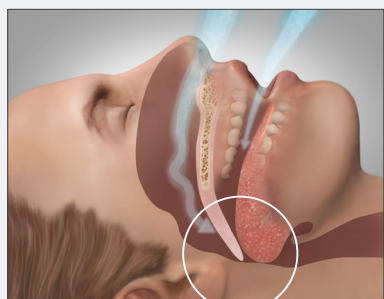
Snoring is more than just a loud and annoying noise, it can be an indicator of a Sleep Breathing Disorder (SBD) that can be very serious. Approximately 42 million Americans have a SBD<sup>1</sup>.

The most common form of a SBD is Obstructive Sleep Apnea, a medical condition where your tongue and soft tissues close off your airway and stop air from entering your lungs.



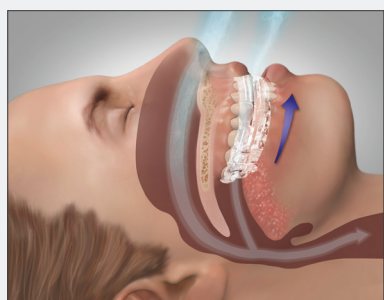
**Snoring**

The sound that is produced when air passes through this partially blocked area causing tissues to vibrate.



**Obstructive Sleep Apnea (OSA)**

A medical condition where your tongue and soft tissues actually close off your airway and stop air from entering your lungs.



**ProSomnus Sleep Device Symptom Alleviator**

Positioning your jaw forward, the device helps open your airway to reduce snoring and alleviate OSA symptoms.



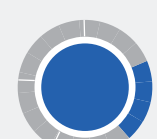
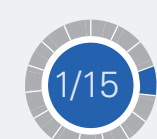
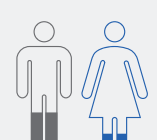
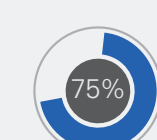
ProSomnus® Sleep Device

If you or a loved one snores, ask your dentist if ProSomnus® Sleep Devices are a good fit.

## The affects of OSA are alarming:

70%	of heart attack patients have mild OSA <sup>6</sup>	86%	of obese type 2 Diabetic patients suffer from Sleep Apnea <sup>12</sup>
43%	of patients with mild OSA have Hypertension <sup>5</sup>	48%	of type 2 Diabetes sufferers have Sleep Apnea <sup>7</sup>
100K	car accidents annually <sup>8</sup>	4x	more at risk for stroke <sup>9</sup>

## More people have OSA than you think.

	1 in 5 adults have mild OSA <sup>2</sup>		1 in 15 have moderate to severe OSA <sup>2</sup>
	9% of middle-aged women and 25% of middle-aged men suffer from OSA <sup>3</sup>		75% of severe SDB cases remain undiagnosed <sup>9</sup>

- Sleep Apnea can also cause memory problems, weight gain, impotence, and headaches if untreated.
- Untreated OSA can lead to a 30% or more reduced survivability rate over the course of 20 years<sup>11</sup>.
- Approximately 38,000 deaths occur on an annual basis that relate to cardiovascular problems that in one way or another are connected to Sleep Apnea. These problems include high blood pressure, hypertension and stroke, among others<sup>10</sup>.

<sup>1</sup> Young et al. New Engl J Med 1993 <sup>2</sup> Young et al. J Am Med Assoc 2004 <sup>3</sup> Marshall et al. Sleep 2008 <sup>4</sup> US Department of Health and Human Services, Centers for Disease Control and Prevention 2008 <sup>5</sup> Young et al. Sleep 2008 <sup>6</sup> Kuriyoshi et al. J Am Coll Cardiol 2008 <sup>7</sup> O'Keefe & Patterson. Obes Surg 2004 <sup>8</sup> National Highway Traffic Safety Administration <sup>9</sup> <http://sleepdisordersguide.com/sleepapnea/sleep-apnea-statistics.html> <sup>10</sup> National Commission on Sleep Disorders Research "Sleep Disordered Breathing and Mortality: Eighteen-Year Follow-up of the Wisconsin Sleep Cohort" Department of Population Health Sciences, Department of Medicine, University of Wisconsin-Madison, Madison, WI. Sleep. 2008 Aug 1; 31(8): 1071-1078 <sup>11</sup> Spontorn et al. Thorax 2002