



Sleeping with someone who snores may not only be annoying, but it may also be detrimental to your physical and emotional health.

Someone who sleeps next to a person who snores often suffers from:

- Aches and pains
- Hearing loss
- Fatigue and daytime sleepiness
- Fibromyalgia
- Depression or poor mental health
- Memory impairment

One Mayo Clinic study found that the bed partners of snorers woke, at least partially, an average of 21 times an hour. According to another survey that polled 1,561 adult Americans who share a bed with a spouse or partner most nights, one in four reported that their partner's sleep problems interfered with their own sleep. The leading reason for sleep loss was attributed to a bed partner who snores.

Both bed partners may be suffering from sleep-disordered breathing and sleep deprivation although only one may acknowledge the problem. Often, those who snore don't take complaints from their bed partners seriously or deny the problem.

There is a simple solution to snoring and sleep apnea for both of you.

Ask about the TAP[®] today!



Do You Suffer from 2nd-Hand Snoring?

*The TAP may be
the solution
to a restful
night's sleep.*



www.tapintolleep.com

The Thermostatic Adjustable Positioner (TAP[®])
is manufactured by Airway Management, Inc.

© Airway Management, Inc. | Rev. 0





A Restful Night's Sleep

If you are ready to get rid of your snoring or sleep apnea problem once and for all, the Thornton Adjustable Positioner® (TAP®) is for you. The TAP® is a simple, patient-friendly treatment solution for snoring and sleep apnea.

It keeps the airway open and improves breathing during sleep. The unique design allows the patient to "fine-tune" their treatment position at home to achieve maximum results.

The TAP® has over a 95% success rate and is the key to a snore-free, restful night of sleep. The TAP® also treats sleep apnea without the need for surgery, a mask, or medication.



The American Academy of Sleep Medicine recommends oral appliances, like the TAP®, as a first line of treatment for mild and moderate sleep apnea and in cases of severe apnea when continuous positive airway pressure (CPAP) has not worked.

What is Snoring?

Snoring is the sign of a breathing problem. It occurs when the jaw opens and the tongue falls into the back of the throat, causing the airway to narrow and forcing air through the smaller opening. This creates sound vibrations in the throat known as snoring. Snoring can seriously affect your quality of life. It can be embarrassing and inconvenient, and can cause problems in relationships. In some cases, snoring is a red flag for a more serious medical problem called obstructive sleep apnea (OSA).

What is Obstructive Sleep Apnea?

OSA occurs when the muscles and tissue surrounding the throat relax causing the airway to completely collapse and block oxygen into the lungs. This blockage cuts off the oxygen supply to the body and brain. The airway obstruction persists until the brain partially awakes the person.

The repeating cycle - falling asleep, muscles relaxing, airway collapsing, unconsciously awakening with a gasp - is the reason there is never a restful night of sleep. The lack of oxygen puts extra stress on the entire body, especially the heart.

Sleep apnea is a serious chronic disease that may trigger other serious health problems.

- Chronic Sleepiness • Heart Attack • High Blood Pressure
- Stroke • Heartburn • Morning headaches • Depression

The Best Treatment

The best treatment option for you is one that you will wear all night, every night.

The TAP® is a custom-made adjustable appliance that is worn while sleeping. The trays of the appliance, which hold the teeth when using trays, snap over the upper and lower teeth and lock together. The design is based on the same principle as cardiopulmonary resuscitation, CPR. The airway must be opened to allow air to pass through the throat.

The TAP® holds the lower jaw in a forward position so that it does not shift or fall open during the night. This prevents the airway from collapsing. The more you pull your jaw forward, the more your airway will open.

The TAP® is the only mandibular advancement device that can be adjusted easily while in the mouth. This feature allows the patient to be in control of their treatment.

Most patients experience relief the very first night they wear their TAP®. It usually takes about a week to get used to wearing the appliance. Nine in ten patients wear the appliance all night, every night.

- Comfortable and Patient-Friendly • Custom-Made
- Patient-Adjustable • Maximum Effectiveness



1) Normal oral position, narrow airway



2) Relaxed oral position, tongue and throat muscle relaxation, narrowing breathing



3) TAP® maintains a forward jaw position and an OPEN AIRWAY!!!