



Have you been diagnosed with sleep apnea?

Were you prescribed a CPAP machine?

Is the CPAP uncomfortable or have you stopped using it?

Are you tired of wearing a mask when you sleep?

If you answered "yes" to any of the above questions, there is an alternative solution to treat your sleep apnea, the Thornton Adjustable Positioner® (TAP®).

The Continuous Positive Air Pressure (CPAP) machine is the most commonly prescribed treatment and usually the only option given to those diagnosed with sleep apnea. Approximately 750,000 CPAP's are prescribed each year. **Most patients don't know they have a choice of treatment.**

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 CPAP has not worked.

Research shows that CPAP failure is high. Most patients find the CPAP mask uncomfortable and only wear it an average of 4.5 hours per day, five days a week, which has been shown to be an insufficient amount of time to alleviate their sleep apnea symptoms.

In a study in which patients tried both an oral appliance and CPAP, patients preferred the oral appliance 20-1 over CPAP.

There is a simple solution to snoring and sleep apnea.

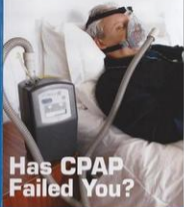
Ask about the TAP® today!



[www.tapintosleep.com](http://www.tapintosleep.com)

The Thornton Adjustable Positioner (TAP®) is manufactured by Arvay Management, Inc.

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# Has CPAP Failed You?

The TAP may be the key to improved health and a better quality of life.





### Improve Your Health & Quality of Life

If you were diagnosed with sleep apnea and prescribed a CPAP machine, but have stopped wearing it, the Thornton Adjustable Positioner (TAP<sup>®</sup>) is for you. The TAP<sup>®</sup> is a simple, patient-friendly treatment solution for snoring and sleep apnea.

It keeps your airway open and improves your breathing while you sleep. The unique design allows you to "fine-tune" your treatment position at home to achieve maximum results. There is no machine, no mask and no air blowing through your nose or mouth all night.

The TAP<sup>®</sup> has over a 95% success rate and is the key to a restful night of sleep.



**Various side effects of the CPAP include: claustrophobia, chemical sensitivity, or facial sores due to the CPAP mask; dry nose, nose bleeds, infections, swelling or irritation of the eyes, dry throat; or consistent mask or hose leaks.**

Johnson, T. Book, M.D.; Broughton, William A., M.D.; Halberstadt, Jerry. Sleep Apnea: The Phantom of the Night, 2008.

### 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 airflow into the lungs. This blockage cuts off the oxygen supply to the body and brain. The airway obstruction persists until the brain partially awakens 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 • High Blood Pressure • Heart Attack
- Stroke • Morning Headaches • Heartburn • Depression



1) Normal jaw position, airway open



2) Relaxed jaw position, tongue and throat tissue collapse, restricting breathing



3) TAP<sup>®</sup> maintains a forward jaw position and an OPEN AIRWAY!

### The Best Treatment for You

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

The TAP<sup>®</sup> is a custom-made adjustable appliance that is worn while sleeping. The trays of the appliance, which look like tooth whitening trays, snap over the upper and lower teeth and hook 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<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup>. 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