



"Sleep apnea reduces vigilance & increases reaction times as badly as drinking alcohol or even being drunk."

Johnson, T. Booth, M.D.; Broughton, William A., M.D.; Helfreich, Jerry. *Sleep Apnea: The Phantom of the Night*. 2006.

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 • Heartburn • Morning Headaches • Depression

The Best Treatment for You

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 look like teeth 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[®] 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

Improve Your Life and Your Health

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 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.

The TAP[®] has over a 90% 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.



1) Normal jaw position, airway open.



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



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



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 more-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.

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