



What is snoring?

Snoring is caused by a breathing disorder, occurring when muscles and tongue are relaxing during sleep. The lower jaw falls backwards and tongue and soft tissue are obstructing the throat. The natural airway is narrowed, breathing air makes the tissue vibrate and causes snoring sounds.

This can get really dangerous when the airways are not only narrowed, but completely obstructed, leading to breathing disorders or breathing standstills. This kind of snoring has to be understood as warning signal for a far more serious medical problem, the obstructive sleep apnea.

What is obstructive sleep apnea?

Obstructive sleep apnea is caused by an obstruction of air flow to the lungs due to relaxed soft palate and muscles in the throat. The blockage cuts off the oxygen supply and persists until a partial waking up reaction is triggered in the brain.

This waking-up releases an increasing muscle tension, so that the lower jaw is opened and moved forwards: the airway is increased and the air can flow freely, until the next obstruction will occur.

A vicious cycle begins for the person concerned:

The deep sleep, being so important and restoring for body and soul, is prevented and replaced by a stress situation due to the lack of oxygen supply.

Serious secondary symptoms and illnesses can go hand in hand:

- morning headaches
- tiredness during the day
- weak concentration
- depression
- chronic sleep disorders
- relationship problems
- impotence
- cardiac arrhythmia
- high blood pressure
- stroke
- heart attack
- shorter life expectancy

Ask your clinician for myTAP™, he'll be happy to advise you or find more detailed information on www.tap-splint.com



Healthy Sleep without snoring.

The first step to healthy and restful sleep.



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Manufactured by **AM AIRWAY MANAGEMENT**

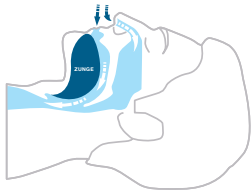


myTAP™ – for a healthy sleep.

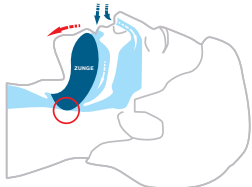
myTAP™ is a diagnostic testing appliance for the treatment of snoring and sleep apnea. It is based on the TAP® splint, an efficient oral anti-snoring appliance, and has the same function: It holds your lower jaw in a forward position during your sleep and prevents the tongue from slipping back in the throat, thus narrowing the airways. Your sleep becomes healthy and restful again – because snoring and sleep apnea are prevented.

myTAP™

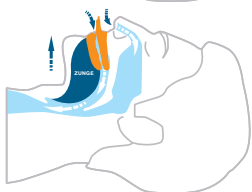
opens narrowed airways:



Normal jaw position



Relaxed jaw position. Tongue and soft palate fall backwards, obstructing the airways.



myTAP™ holds the jaw in a forward position, opening the airways.

How myTAP™ works

The myTAP™ splints cover the complete upper and lower dental arcades. Your clinician will fit your myTAP™ individually in 15 minutes without taking an impression. Both splints for upper and lower jaw are shortly soaked in hot water and fitted one after the other in your mouth while being soft.

The advancement of the lower jaw, the so-called protrusion, is adjusted by means of the adjustment mechanism and can be readjusted at any time. Your airways will widen the more, the more your lower jaw is moved forwards.



How long can myTAP™ be worn?

myTAP™ is a testing appliance, allowing your clinician to verify whether an oral protrusion splint for the lower jaw is an adequate treatment method for you. If it can be confirmed that myTAP™ considerably reduced your snoring resp. your sleep apnea, we recommend the prescription of an individually fabricated TAP® splint in a sleep laboratory. Contrary to the myTAP™, this splint will be suited for a long-term use without losing its strength and function.



The advantages of myTAP™:

- easy and affordable fitting by your clinician
- perfect fit
- slender synthetic construction without disturbing metal parts
- full lateral mobility of upper and lower jaw
- protrusion is continuously adjustable

Get to know the key components of myTAP™

