

## Snore No More

### TheraSnore - Revolutionizing The Way You Sleep

#### **What is it?**

The device looks a like a small athletic mouth guard. This is placed in the mouth during sleep and helps to prevent bothersome snoring. It relies on a lingual ramp to nudge the mandible forward. In the non-adjustable device the mandible is retained in a protrusive position with pliable thermoplastic material and is afforded limited movement.

#### **How does it work?**

When placed into the mouth, it works non-surgically by naturally opening the airway. TheraSnore allows the upper airway to remain open and permits you to breathe more easily, and naturally while sleeping. It also prevents the tongue and soft palate from falling back and obstructing the airway, which can be an additional cause of snoring.

#### **Is it effective?**

TheraSnore is shown to be successful for 92% of users. One user of TheraSnore commented of having paid for three invasive surgeries to stop his horrible snoring. These were painful and costly surgeries, but they didn't aid in any improvement. After trying TheraSnore, the snoring stopped and he was amazed at what the little device was capable of. Although most patients show improvement, their snoring sometimes is not *completely* gone just by using the device each night. Continuous usage will greatly decrease snoring and make your nights more enjoyable, but it will not eliminate snoring unless utilize.

#### **Is it expensive?**

In fact, TheraSnore is one of the least expensive and most successful medical treatments employed to inhibit snoring. Your dentist can fit the TheraSnore in one short, painless appointment. TheraSnore is one of the few appliances that require no laboratory construction.

#### **How do I take care of the TheraSnore appliance?**

This device requires very little care. We recommend that when you remove your TheraSnore, you brush it with your toothbrush to remove any foreign material that might be on it.

#### **How long does it last?**

Your TheraSnore should last 18 to 24 months. On some patients who grind their teeth, the life span of the TheraSnore can be reduced to 12 to 15 months.