

Do I have Sleep Apnea?

The Sleep Apnea syndrome is a breathing disorder occurring during sleep. There must be a temporary interruption of more than 10 seconds provoking a collapse called Sleep Apnea – Hypopnea.

Snoring can indicate this disease, so if you suspect you can suffer from Sleep Apnea, please make this simple test and pass it to your doctor to discuss the results.

Evaluate the different situations below by checking 0 – 3 according to the scale (Although you may not have experienced any of these situations, try to imagine them) :

- 0= I never feel sleepy
- 1= I may feel somewhat sleepy
- 2= I would most likely feel sleepy
- 3= I always feel sleepy

- Sitting and Reading
- Watching TV
- Sitting inactive in a public place
- Riding as the passenger in a car for an hour straight
- Resting/Lying in the afternoon when the circumstances permit that
- Sitting and chatting with somebody
- Sitting quietly after lunch without alcohol
- When sitting in the car and waiting for the green light

Total Score: _____

Patient name

This questionnaire aims to evaluate the level of drowsiness and feeling sleepy . If your score is **less than 6**, you have little to no fatigue. If your score is **between 7 and 8** you suffer from fatigue, and if your score is **over 9**, then your fatigue is excessive and you most likely suffer from Sleep Apnea.

www.orthoapnea.com



*Sleep well,
smile everyday
and live each moments*



Consult with your dentist

OrthoApnea 

Solution for your **Snoring problems** and the best treatment for **Sleep Apnea**.



Do you snore or your sleeping partner says so?

Do you feel tired in the morning or you wake up with a headache?

Are you overweight?

Do you feel like suffocating during the night?

How does the device function?

The Orthoapnea splint is custom-made and adapted to your mouth in a way it won't bother you.

Your dentist will take a dental impression of your teeth, so we can manufacture a totally personalized device.

Orthoapnea permits all the movements: opening, laterality and advancement. You can also drink water while wearing the device.

Fight against Sleep Apnea has never been so easy!

Several studies support the success of treatment:

- 94% Patients tolerating the splint without any inconveniences
- 91% Patients using the splint all night long
- 90% Cases with improved apnea-hypopnea index (AHI)
- 89% Treated patients improving AHI below 10

Sleep Apnea can cause health problems: tiredness, depression, lack of concentration, memory loss, altered libido, hypertension, stroke.... decreasing life expectancy of those who suffer from it.

Its function consists of controlled advancement of mandible at night to facilitate the passage of the air and to eliminate the snoring as well as Sleep Apnea.

For more information consult your doctor!

Orthoapnea is a patented intraoral device indicated especially for the treatment of snoring and Sleep Apnea syndrome.

OrthoApnea 
sleep, smile & live



- ✓ Patented and Certified Device
- ✓ Clinically proven
- ✓ Custom-made
- ✓ Complete freedom of mandibular movement
- ✓ Comfortable and painless

www.orthoapnea.com



+ 20.000
HAPPY PATIENTS



+ 1.500
CERTIFIED DOCTORS



+ 45
DISTRIBUTING COUNTRIES