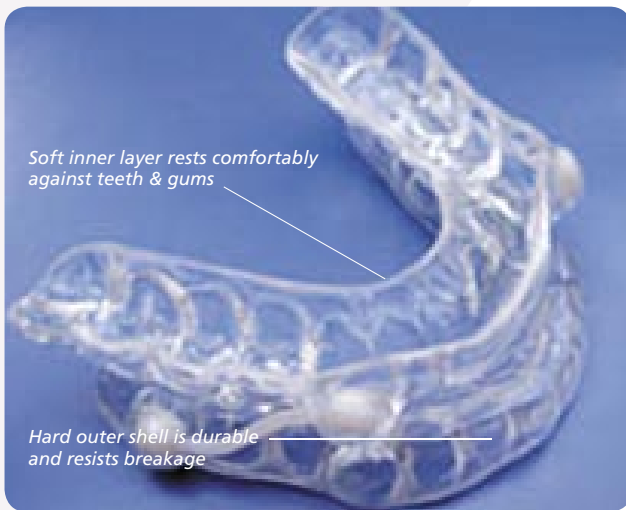


Breathing Is easier with a QuietNITE

QuietNITE devices do not interfere with breathing through the mouth. Even in cases of congested nasal passages the device prevents snoring and allows uninhibited oral breathing.

Small movements of the jaw (temporomandibular joint or TMJ) are possible while wearing a QuietNITE device. This movement potential helps minimize stiffness in the joints of the jaw in the morning. The QuietNITE device may produce a slight sensation of the jaws being out of alignment upon waking.

This feeling is due to lymphatic fluid build up in the jaw joint that occurs overnight and will rapidly subside in minutes. QuietNITE devices help promote deeper, more restful sleep by preventing snoring.



www.quietnite.co.uk

SNORING PREVENTION



*Simple, strong,
comfortable & adjustable*



Dentist prescribed
snoring prevention device

For more information please contact us:

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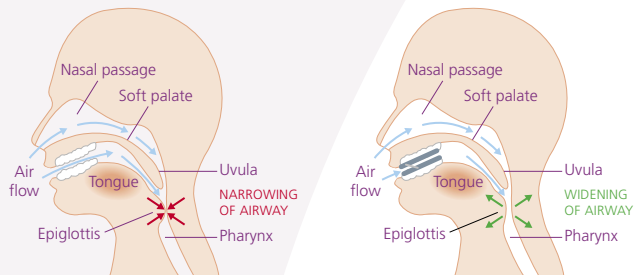
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Ask **your** dentist
about **QuietNITE**

One third of the population snores, are you one of them?

It is estimated that more than one third of the population snore while sleeping. Spouses and children are often repeatedly disturbed during their sleep cycles by a snoring family member, which can lead to tensions and animosity.

This snoring can also lead to the reducing of quality sleep for the sufferer which in turn can lead to under performance at work and even potential accidents due to tiredness.



Location of the blockage in the pharynx

After positioning the apparatus the pharynx clears

What causes snoring?

During sleep, the muscles and soft tissues in the throat and mouth relax making the breathing airway smaller. This decrease in the airway space increases the velocity of air flow through the airway during breathing. As the velocity of required air is increased in the constricted space, soft tissues like the soft palate and the uvula vibrate. These vibrations of the soft tissues in the mouth and throat result in what is called "snoring". It should also be noted that sleep studies have shown that excess body weight, heavy alcohol consumption and other sedatives have been shown to increase the severity of snoring.

Surgical techniques to remove respiration impairing structures such as uvula, enlarged tonsils and adenoids have been among the many attempted snoring remedies. These soft tissue surgical procedures have shown only moderate success rates. At certain levels of severity, complete blockage of the airway space by the soft tissues and the tongue can occur. If the period of asphyxiation lasts longer than 10 seconds, this is called Obstructive Sleep Apnea (OSA). OSA can be a serious medical condition and your dentist may refer you to a sleep specialist.

For the majority of snorers however, the most affordable, noninvasive, comfortable, and effective snoring solution remains the dentist prescribed oral snoring preventative device, such as the QuietNITE.

How does the QuietNITE prevent snoring?

Snoring research has also shown that custom fabricated dental devices worn at night that move the lower jaw into a forward position, increase the three dimensional space in the airway tube which reduces air velocity and soft tissue vibration. By increasing the volumetric capacity of the airway and preventing soft tissue vibrations, snoring is eliminated. In practice, these dentist prescribed oral devices have exhibited initial snoring prevention success rates of over 70%.



The special connectors position the jaw to keep the airway open and prevent snoring.

The QuietNITE device positions the lower jaw into a forward position by means of special connectors that are attached to transparent flexible upper and lower forms. The forms are custom laminated with heat and pressure to the dentist's model of the mouth. The fit is excellent and comfortable.

*"We're sleeping better ...
... thanks to our dentist."*

Simple, strong, comfortable & adjustable