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**My Silent Nite® fits like a glove,**  
and I can't fall asleep without it. I have better sleep  
and mental focus, and I'm more alert.

- *Kelly B.*



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**On the first night of using my Silent Nite**  
appliance, I was so quiet that my wife actually checked  
to make sure I was still breathing.

- *Maurice W.*

GL-5463600-070125

# Stop Snoring. Start Living!



Learn About Anti-Snoring Solutions  
Prescribed by Your Dentist

## Does snoring bother you or someone you love?

About 50% of people say they snore.<sup>1</sup> For some people, it can be a chronic problem, which can sometimes also indicate a serious health condition called obstructive sleep apnea (OSA). This happens when breathing pauses during sleep due to a narrowed or blocked airway. You may decide to seek treatment if:

- Your snoring disturbs your bed partner
- You experience daytime sleepiness

## Can a dentist help?

Yes, dentists treat snoring and obstructive sleep apnea with a dental sleep appliance.

## How does it work?

A dental sleep appliance is designed to snap on with ease. It is custom fitted for your mouth and comfortably shifts your lower jaw forward during sleep. This position opens your airway, allowing for uninterrupted breathing.

## Why oral appliances?

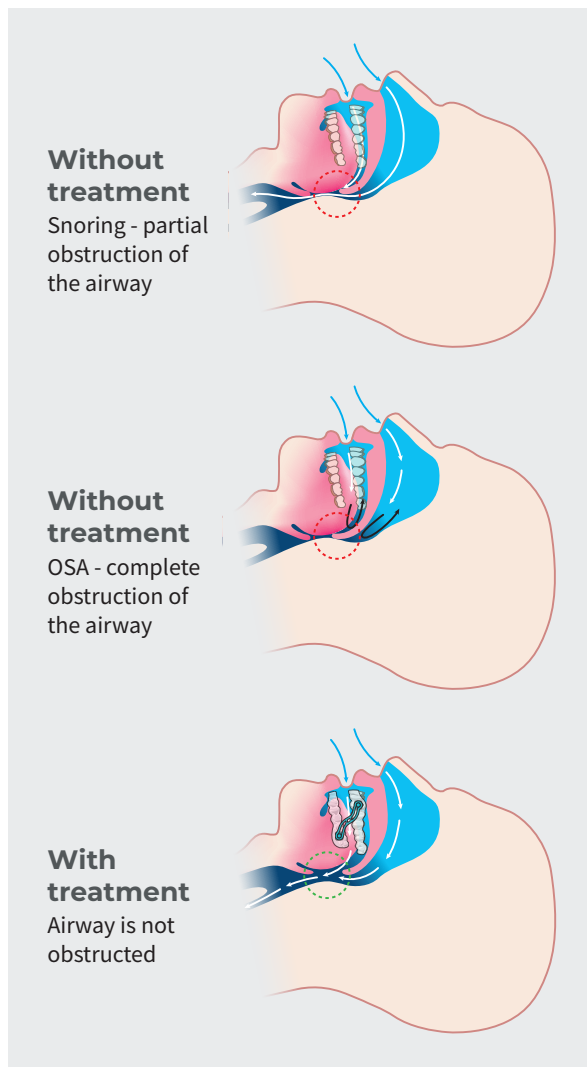
Dental sleep appliances are a less invasive alternative to CPAP treatment or surgery. In fact, oral appliances are well accepted by most patients and significantly improve breathing and sleep quality.<sup>2</sup>

1. Centers for Disease Control and Prevention (CDC). Unhealthy sleep-related behavior — 12 states, 2009. MMWR Morb Mortal Wkly Rep. 2011 Mar 4;60(8):2332.

2. Yoshida K. Effects of a mandibular advancement device for the treatment of sleep apnea syndrome and snoring on respiratory function and sleep quality. Cranio. 2000 Apr;18(2):98-105.

**Want to learn more about how a sleep appliance can help you stop snoring?**

Scan the code below, and then ask your dentist if treatment is right for you.



**Watch the animation!**