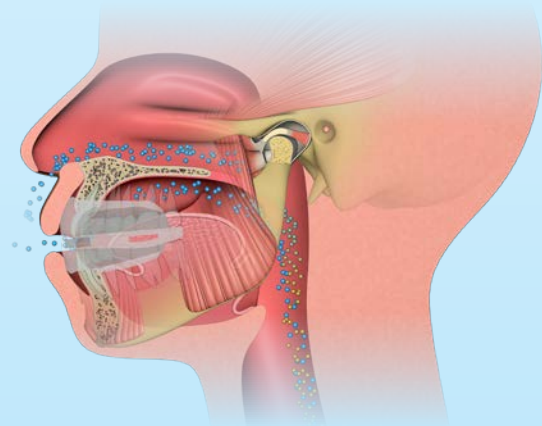


Treatment with Oral Appliances

The *Myosa*® program involves specific evaluation, diagnosis and treatment phases to identify the presence of Sleep-Related Breathing Disorders (SRBD) and Temporomandibular Joint Disorders (TMJ/D). These disorders are interrelated and have been combined into one collective syndrome known as TMJBDS - symptoms relating to Teeth, Muscles, Jaws, Breathing and Disordered Sleep.

Along with providing rapid symptom relief, the *Myosa*® program facilitates treatment specifically designed to address the root causes of the problem.

The *Myosa*® program aims for complete symptom resolution, although results may vary with each individual.



CAUTION: Intra-oral appliances may change the position of teeth and alter the jaw relationship. Unlike Rigid Mandibular Advancement Devices (MADs), the *Myosa*® appliances are flexible and minimise the potential to cause pain in the jaw joints or permanently change the bite.

Design Features

- High sides provide good retention without moulding.
- 4 large breathing holes effectively regulate breathing for mouth breathers.
- Tongue tag guides the tongue forwards and upwards into the correct position, increasing the airway and decreasing the incidence of snoring.
- Tongue elevator holds the tongue in the correct position.
- Soft and flexible silicone material designed to open the airway.
- *Air Spring Core*™ both opens the airway and provides comfort for the jaw joints by allowing maximum vertical movement, which decompresses the jaw joints and reduces clicking.

The *Myosa*® S1 can be followed by the *Myosa*® S2 or S2M after symptom improvement in 3-4 months time.

Cleaning your *Myosa*®: Clean your *Myosa*® appliance under warm running water every time you remove it from your mouth. Use *Myoclean*™ tablets to correctly clean twice every week. Ask your doctor or dental therapist about *Myoclean*™, the recommended cleaning agent for all *Myosa*® appliances.

IMPORTANT: CONSULTATION WITH A MEDICAL PRACTITIONER IS ESSENTIAL TO CORRECTLY EVALUATE YOUR CONDITION.

Lifetime use: 6 months based on everyday wear.
Replace after 12 months regardless of wear time.



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MYOFUNCTIONAL RESEARCH CO.
INNOVATIVE DENTAL APPLIANCE
TECHNOLOGY AND EDUCATION

Single Patient Use.



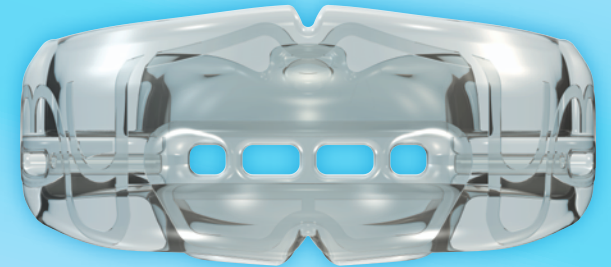
Myosa_TMJBDS_S1_INS_0319_v2.0.0

MYOFUNCTIONAL SLEEP APPLIANCE

myosa®

S1

USE FOR 1
HOUR EVERY
DAY & WHILE
SLEEPING



TMJBDS®
FOR TMJ, BREATHING
& DISORDERED SLEEP

STAGE 1
MOUTH BREATHING
VERSION

www.myosa.com

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

Understanding the problem

Sleep and Jaw Joint Disorders affect a large number of the population all around the world. Most suffering patients are undiagnosed or incorrectly treated since the wide range of symptoms can make it difficult to establish the causes and appropriate treatment. Symptoms such as headaches, neck pain, night-time snoring and daytime fatigue may seem unrelated. However, they can all be a part of a single health problem. Quite often these problems occur simultaneously because two of the causes of TMJ/D are mouth breathing and incorrect swallowing habits.

Normal nose breathing vs mouth breathing

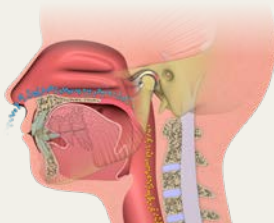
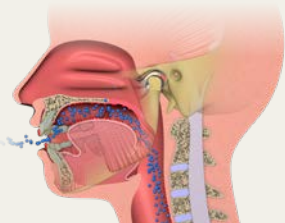
Mouth breathing is abnormal and is one of the causes of Sleep Disordered Breathing (SDB) problems. If a child breathes through the mouth, the jaws will not develop forwards correctly. Adults who have SDB will usually have underdeveloped jaws, which cause the tongue and lower jaw to restrict the airway. Therefore, it is important to learn how to breathe correctly through the nose at all times in order to maintain an advanced position of the lower jaw and tongue, as well as keeping the airway open.

MOUTH BREATHING

Lowered Tongue

NOSE BREATHING

Elevated Tongue



Myosa® S1 - Stage 1

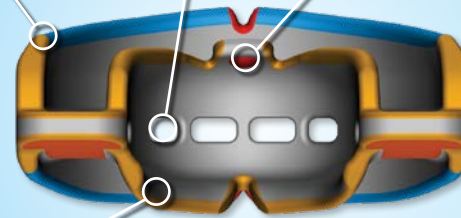
Myosa® for TMJBDS S1 is specifically designed for patients who breathe through the mouth while sleeping. The appliance helps with diagnosis and treatment of TMJBDS. It works by advancing the sleeper's lower jaw and opening the bite, which has the effect of opening the airway. Additionally, the **Myosa® S1** has four breathing holes at the front to regulate breathing as well as a patented **Air Spring Core™** to cushion the jaw joint. For better retention during the night, the patient can use the mouldable version of the **S1** appliance (**S1M**), which provides a tighter, custom-fit due to its dual moulded construction.

Myosa® S1 - design features

High sides provide good retention without moulding.

4 large breathing holes effectively regulate breathing for mouth breathers.

Tongue tag guides the tongue forwards and upwards into the correct position.

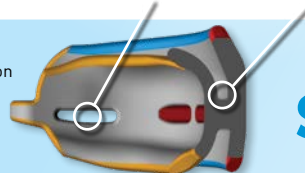


Tongue elevator holds the tongue in the correct position.

Air Spring Core™ prevents the jaw joints from locking in place.

Provides optimum jaw position and maximum vertical opening for most patients.

Myosa® S1
Cross Section



S1 STAGE 1
MOUTH BREATHING
VERSION

Indications for use:

Prior to using the **Myosa®** device, the treating dentist may refer the patient to a medical practitioner for assessment of sleep disorders that have medical implications. The **Myosa®** intra-oral appliance provides treatment for patients with symptoms of TMJBDS and is to be used during the day until comfort is achieved. Once accustomed, it should be used for 1 hour per day and overnight while sleeping.

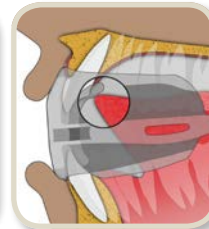
Instructions for use



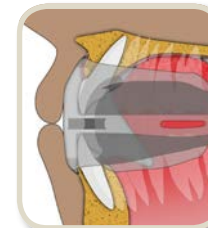
Step 1 – Hold the **Myosa®** appliance with the tongue tag facing up.



Step 2 – Place the **Myosa®** appliance into the mouth.



Step 3 – Keep the tongue positioned on the tongue tag.



Step 4 – Close down on the **Myosa®** appliance and allow it to guide the jaw forward.



Step 5 – Make an effort to keep the lips together and breathe through the nose.

Do not chew on Myosa® appliance

Initially use the S1 during the day to correct habits. The S1M appliance can be used at night to increase retention.