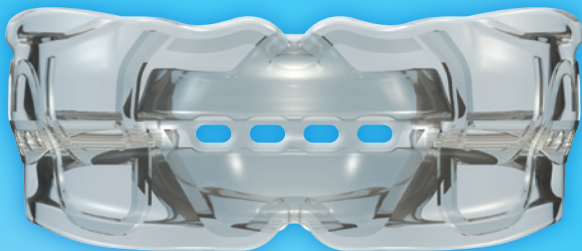


MYOFUNCTIONAL SLEEP APPLIANCE

myosa[®]

S2

USE FOR 1
HOUR EVERY
DAY & WHILE
SLEEPING



TMJBDS[®]
FOR TMJ, BREATHING
& DISORDERED SLEEP

STAGE 2
PARTIAL NOSE
BREATHER VERSION

www.myosa.com

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

Understanding the problem

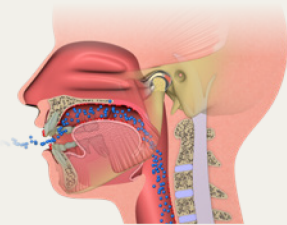
Sleep and Jaw Joint Disorders affect a large number of the population all around the world. Most suffering patients are undiagnosed or incorrectly treated since the wide range of symptoms can make it difficult to establish the causes and appropriate treatment. Symptoms such as headaches, neck pain, night-time 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.

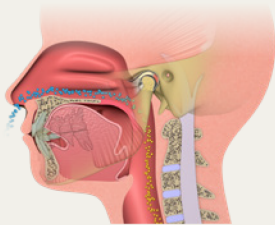
MOUTH BREATHING

Lowered Tongue



NOSE BREATHING

Elevated Tongue

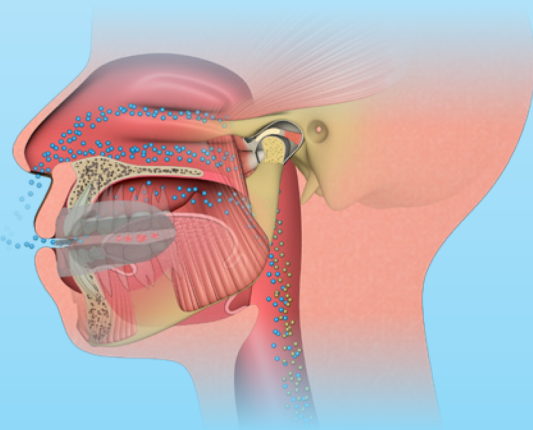


Treatment with Oral Appliances

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.

Myosa® S2 - Stage 2

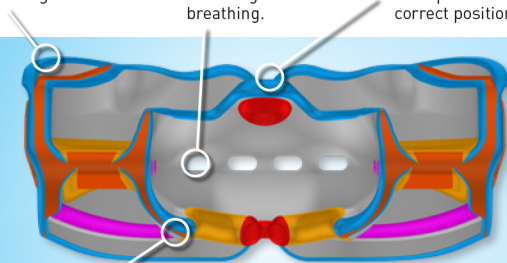
Myosa® for TMJBDS® S2 is designed for patients who are not chronic mouth breathers or who have already undergone Stage 1 treatment with the *S1* or *S1M* appliance. The *Myosa® S2* works by advancing the sleeper's lower jaw and opening the bite, which has the effect of opening the airway. The smaller breathing holes at the front of the appliance optimise breathing regulation by encouraging nasal breathing and lip seal maintenance. For better retention during the night, the patient can use the mouldable version of the *S2* appliance (*S2M*), which provides a tighter, custom-fit due to its dual moulded construction.

Myosa® S2 - design features

High sides provide good retention without moulding.

4 small breathing holes designed to encourage nasal breathing.

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

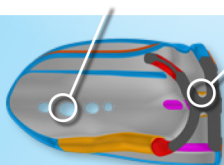


Tongue elevator holds the tongue in the correct position.

4 posterior holes decompress the jaw joints for added comfort.

Provides optimum jaw position and vertical opening for most patients.

Myosa® S2
Cross Section



S2

STAGE 2
NOSE BREATHER
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.

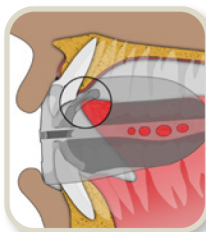
Instructions for use



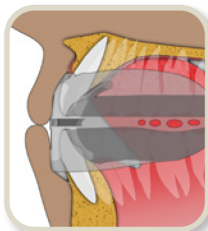
Step 1 – Hold the *Myosa*[®] appliance with the tongue tag facing up.



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 S2 during the day to correct habits. The S2M appliance can be used at night to increase retention.

Design Features

- High sides provide good retention without moulding.
- 4 small breathing holes at the front which are designed to encourage nasal breathing while still allowing mouth breathing.
- Tongue tag guides the tongue forwards and upwards into the correct position.
- Tongue elevator holds the tongue in the correct position.
- Soft flexible material allows lateral movement making the *Myosa*[®] S2 more comfortable than rigid devices.
- 4 small posterior holes open the airway and provide comfort for the jaw joints by allowing vertical movement, which decompresses the jaw joints and reduces clicking.

The Myosa[®] S2 can be used after treatment with the Myosa[®] S1 to assist in treating Sleep Disordered Breathing (SDB).

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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Single Patient Use.



**MYOFUNCTIONAL
RESEARCH CO.**

INNOVATIVE DENTAL APPLIANCE
TECHNOLOGY AND EDUCATION

