

MYOFUNCTIONAL SLEEP APPLIANCE

myosa[®]

S3

USE FOR 1
HOUR EVERY
DAY & WHILE
SLEEPING



TMJBDS[®]
FOR TMJ, BREATHING
& DISORDERED SLEEP

STAGE 3
ESTABLISHED NOSE
BREATHER VERSION

www.myosa.com

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

Understanding the problem

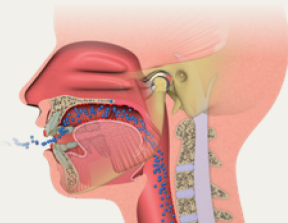
Sleep and Jaw Joint Disorders affect a large number of the population all around the world. Most suffering patients are undiagnosed or incorrectly treated since the wide range of symptoms can make it difficult to establish the causes and appropriate treatment. Symptoms such as headaches, neck pain, night-time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

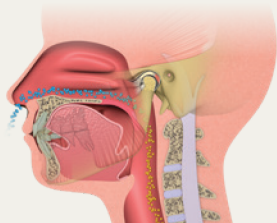
MOUTH BREATHING

Lowered Tongue



NOSE BREATHING

Elevated Tongue

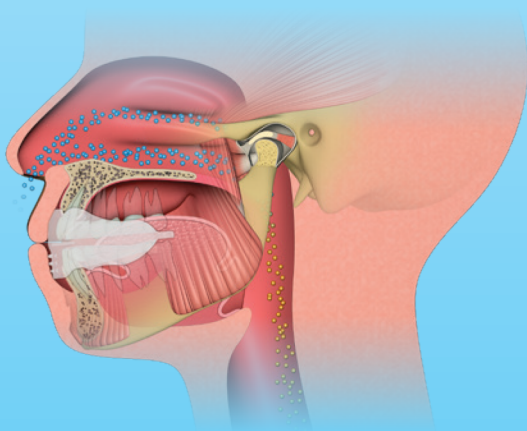


Treatment with Oral Appliances

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® S3 - Stage 3

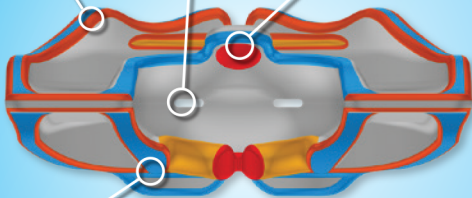
Myosa® for TMJBDS® S3 is designed for patients who have progressed through previous stages of *Myosa®* treatment (S1 and S2). The *Myosa® S3* provides less advancement of the lower jaw and a thinner base for less vertical opening. This helps the patient transition to normal jaw positioning and vertical opening. The *Myosa® S3* is used once nasal breathing has been established and symptoms of *TMJBDS®* are greatly reduced. It is commonly used in conjunction with *Myotalea®* appliances to strengthen the tongue and lips to improve nasal breathing and correct poor oral habits.

Myosa® S3 - design features

Lower sides provide good retention for established nasal breathers.

2 small breathing holes designed to maintain nasal breathing.

Tongue tag maintains the tongue in the correct forwards and upwards position.

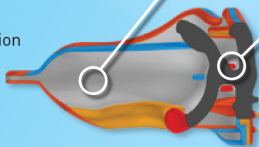


Tongue elevator holds the tongue in the correct position.

Flexible material for improved patient compliance and comfort.

Thinner base provides optimal jaw position and normal vertical opening.

Myosa® S3
Cross Section



S3

STAGE 3

ESTABLISHED 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.

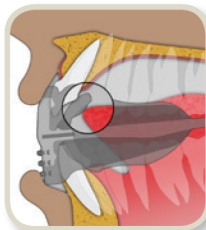
Instructions for use



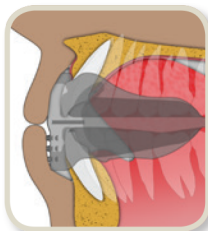
Step 1 – Hold the *Myosa*[®] appliance with the tongue tag facing up.



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**

**The S3 is intended
for daytime and
night-time use.**

Design Features

- 2 small breathing holes designed to maintain habitual nasal breathing.
- Tongue tag maintains the tongue in the correct forwards and upwards position.
- Tongue elevator holds the tongue in the correct position.
- Soft flexible material allows lateral movement, making the *Myosa*[®] S3 more comfortable than rigid devices.
- Lower sides provide good retention for established nasal breathers.
- Thinner base provides optimal jaw positioning and normal vertical opening.

The *Myosa*[®] S3 is used after treatment with the S2 or S2M appliance once nasal breathing has been established and symptoms of *TMJBDS*[®] are reduced.

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

