

MYOFUNCTIONAL SLEEP APPLIANCE

**myosa**<sup>®</sup>

**S1**

USE FOR 1  
HOUR EVERY  
DAY & WHILE  
SLEEPING



**TMJ-BDS**<sup>®</sup>  
FOR TMJ, BREATHING  
& DISORDERED SLEEP

**STAGE 1**  
MOUTH BREATHING  
VERSION

[www.myosa.com](http://www.myosa.com)

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM



## Understanding the problem

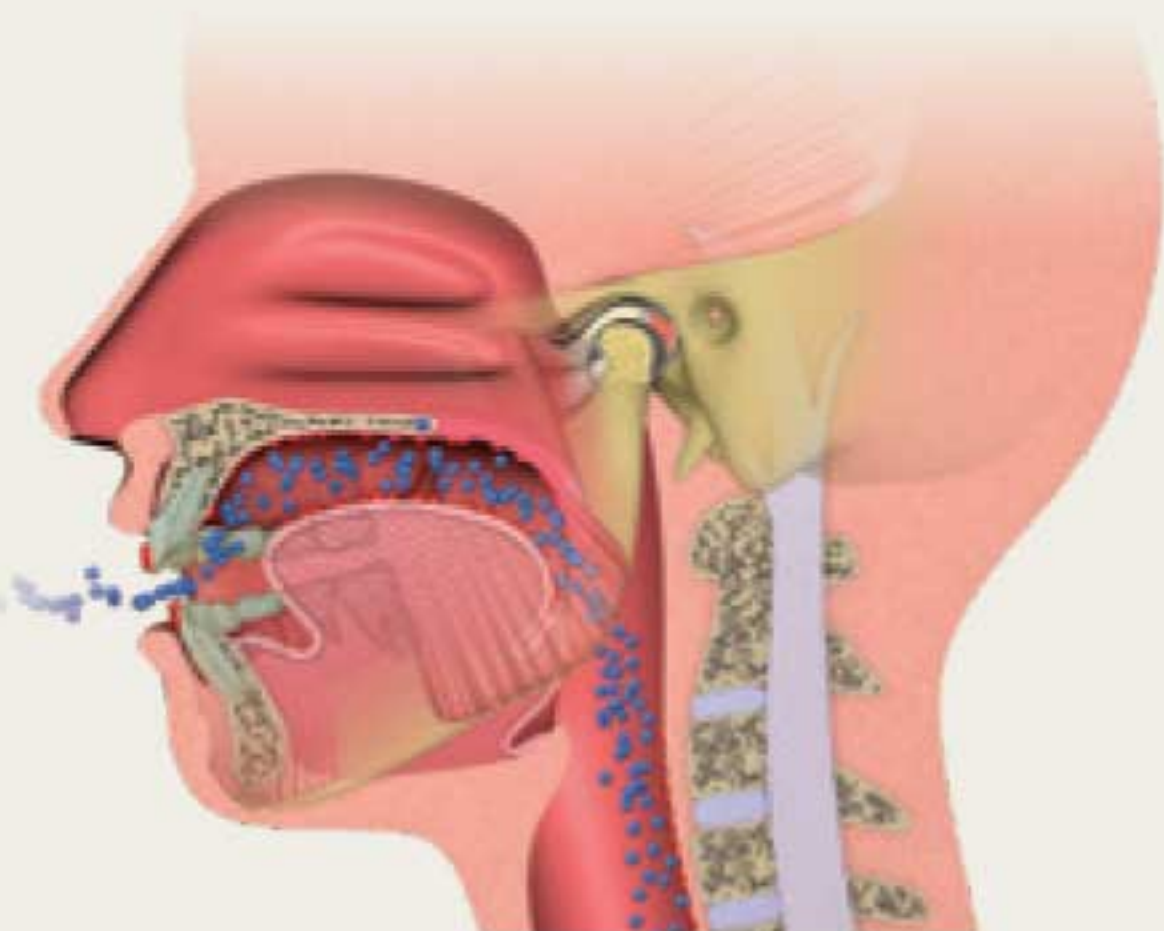
Sleep and jaw joint disorders affect a large number of the population all around the world. Most suffering patients are undiagnosed or incorrectly treated since the wide range of symptoms can make it difficult to establish the causes and appropriate treatment. Symptoms such as headaches, neck pain, night-time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

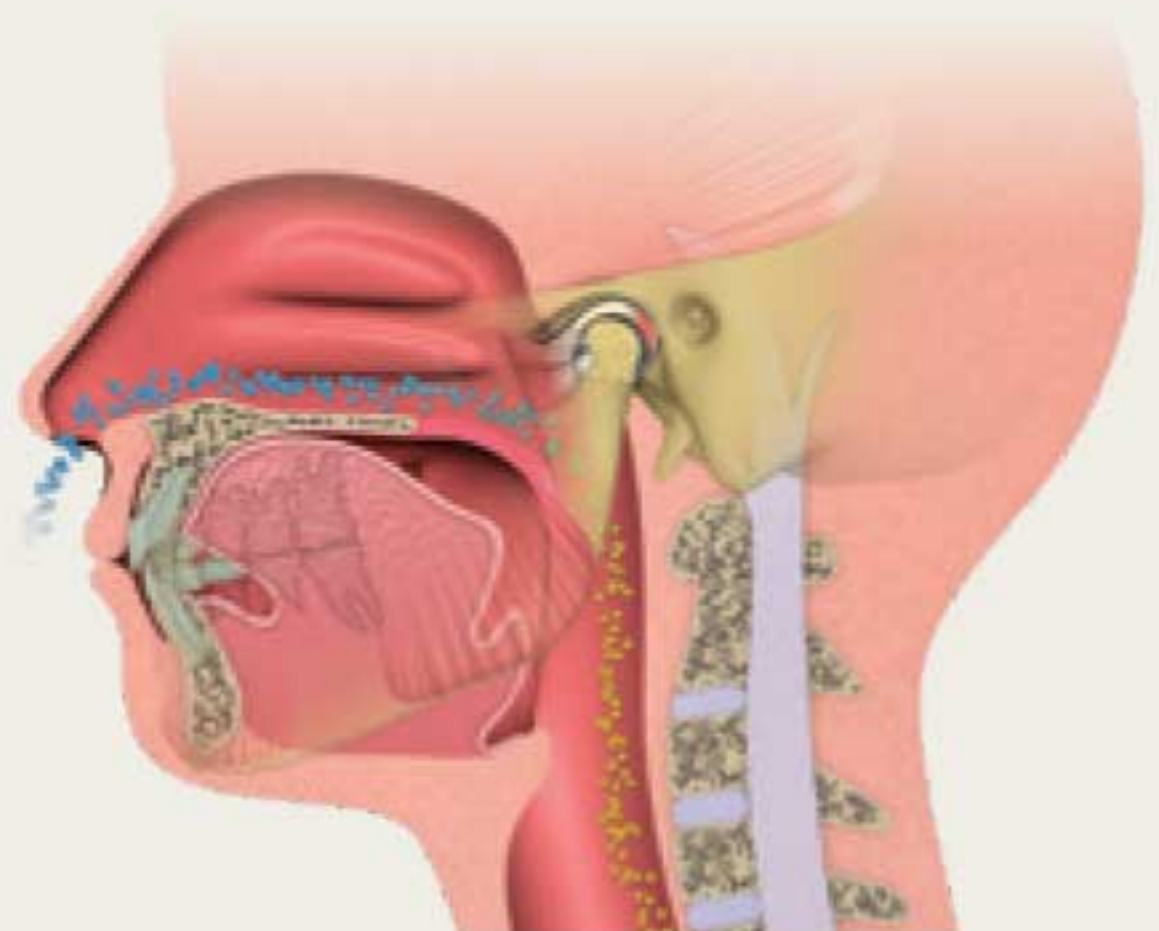
#### **MOUTH BREATHING**

Lowered tongue



#### **NOSE BREATHING**

Elevated tongue





## Myosa<sup>®</sup> S1 - Stage 1

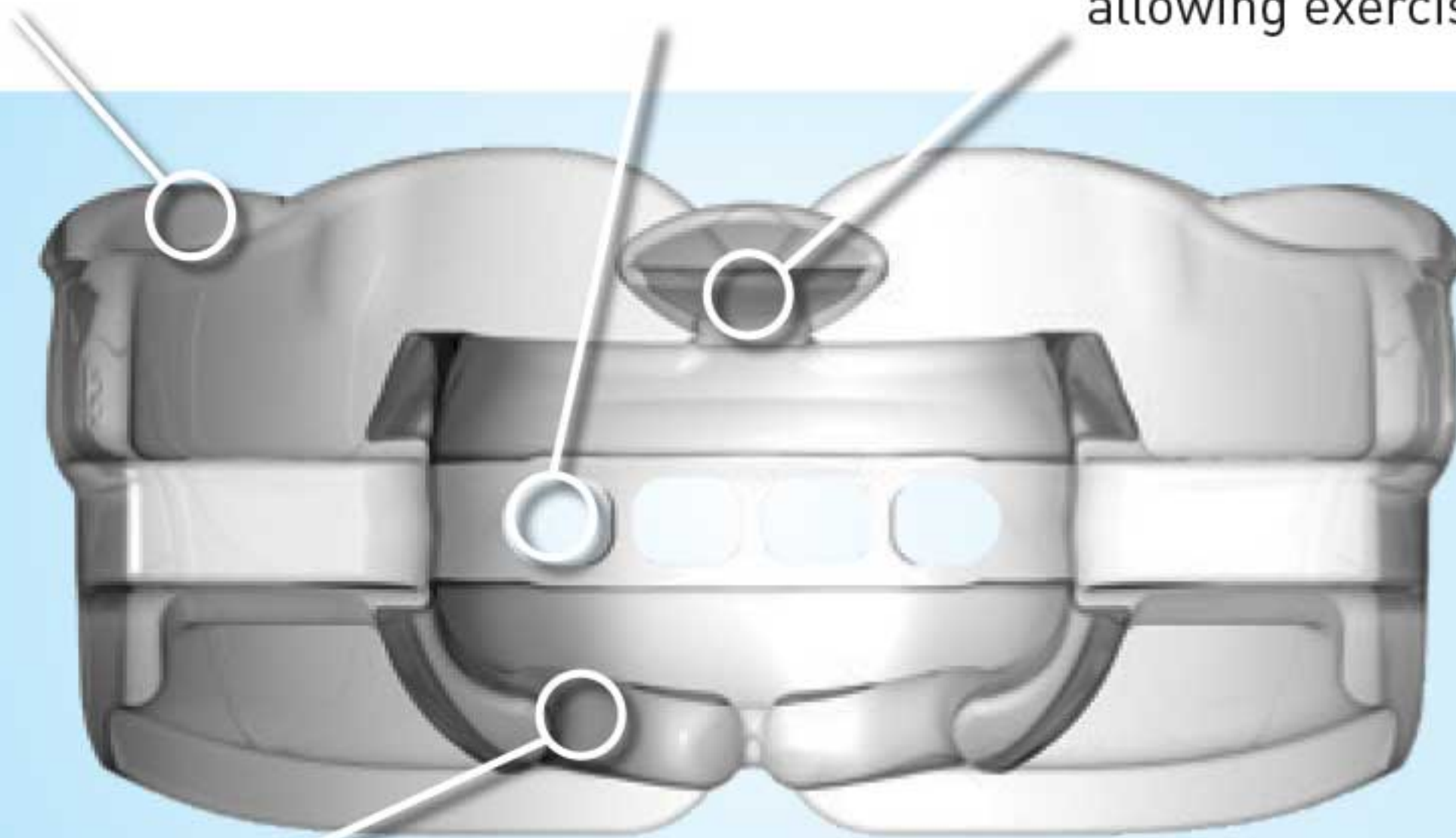
*Myosa<sup>®</sup> for TMJBDS<sup>®</sup> S1* is specifically designed for patients who breathe through the mouth while sleeping. The appliance helps with diagnosis and treatment of TMJBDS. It works by advancing the sleeper's lower jaw and opening the bite, which has the effect of opening the airway. Additionally, the *Myosa<sup>®</sup> S1* has four large breathing holes which regulate oral breathing. 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<sup>®</sup> S1 - Design features

**High sides** provide good retention without moulding.

**Large breathing holes** regulate and reduce mouth breathing.

**Tongue tag** guides the tongue upwards and forwards, while allowing exercising.



**Tongue elevator** holds the tongue in the correct position.

**Thick Base** provides vertical opening, improving TMJ and airway symptoms.

**Optimum jaw position** brings TMJs into optimal position and opens airway.

Myosa<sup>®</sup> S1  
cross section



**S1** **STAGE 1**  
MOUTH BREATHER  
VERSION



## Indications for use

Prior to using the *Myosa*<sup>®</sup> device, the treating dentist may refer the patient to a medical practitioner for assessment of sleep disorders that have medical implications. The *Myosa*<sup>®</sup> intraoral 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 one hour per day and overnight while sleeping.

## Instructions for use



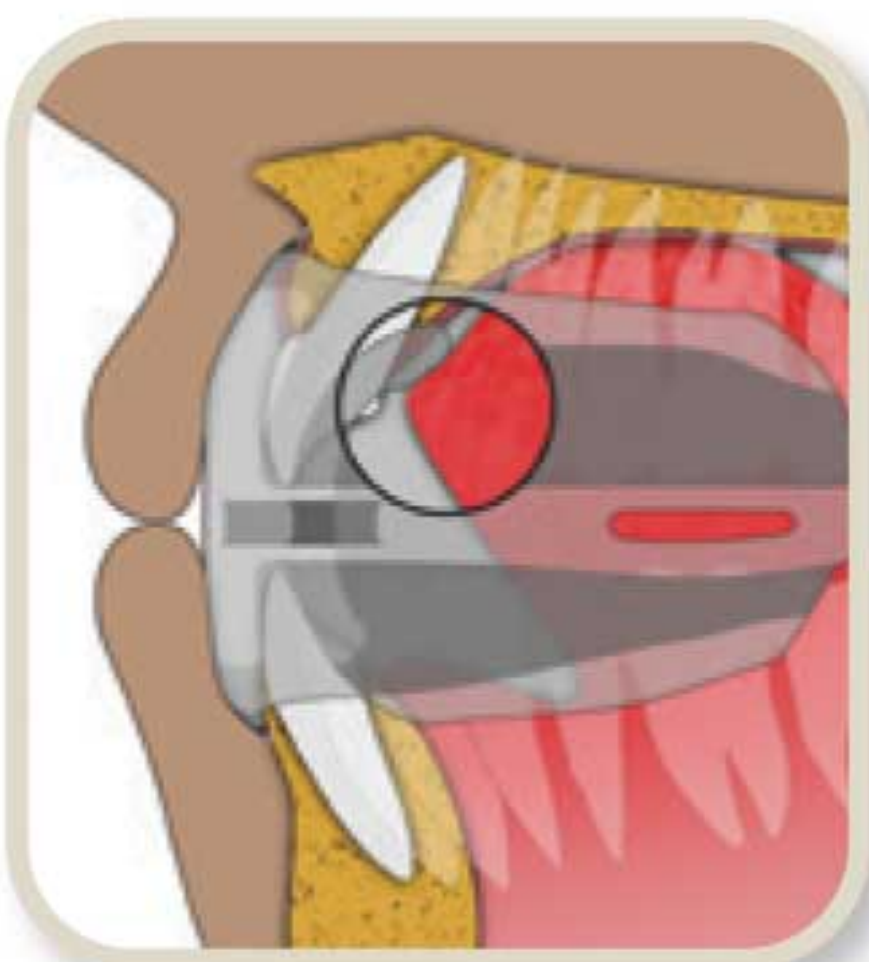
**Step 1** – Hold the *Myosa*<sup>®</sup> appliance with the tongue tag facing up.



**Step 2** – Place the *Myosa*<sup>®</sup> appliance into the mouth.



**Step 3** – Position the tongue on tongue tag or press for exercising.



**Step 4** – Close down on the *Myosa*<sup>®</sup> 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*<sup>®</sup>  
appliance**

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

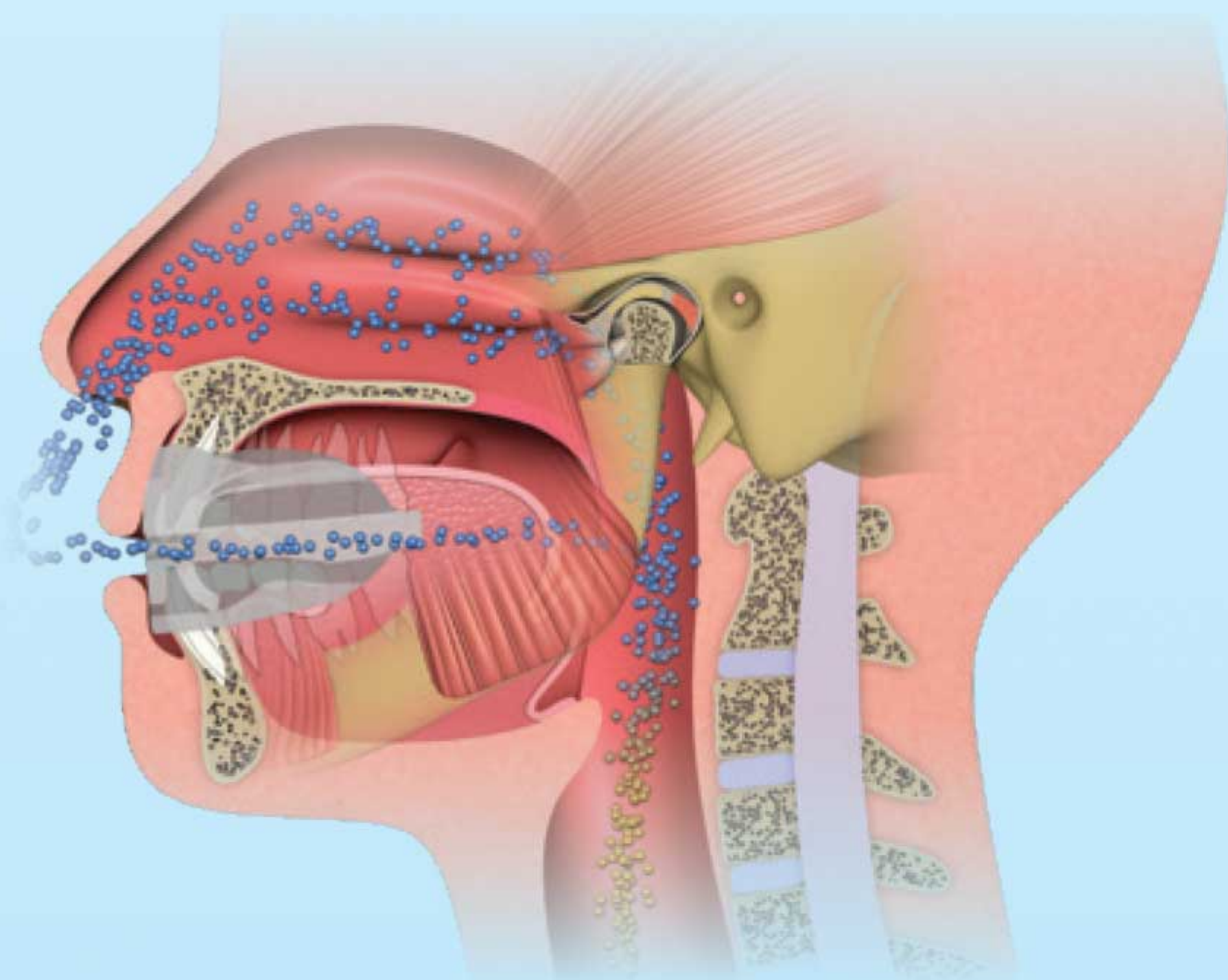


# Treatment with oral appliances

The *Myosa*<sup>®</sup> 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 **T**eeth, **M**uscles, **J**aws, **B**reathing and **D**isordered Sleep.

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

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



**CAUTION:** Intraoral appliances may change the position of teeth and alter the jaw relationship. Unlike rigid Mandibular Advancement Devices (MADs), the *Myosa*<sup>®</sup> 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.
- Four large breathing holes regulate oral breathing and promote nasal breathing.
- Tongue tag guides the tongue upwards and forwards while allowing a basic level of tongue exercising.
- Tongue elevator holds the tongue in the correct position, improving airway function.
- Soft and flexible silicone material enhances comfort and adapts to any arch form.
- Large base decompresses the TMJ and opens the airway, providing comfort for the jaw joints while reducing clicking.

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

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

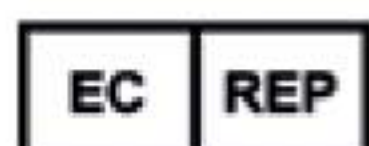
## IMPORTANT: CONSULTATION WITH A MEDICAL PRACTITIONER IS ESSENTIAL TO CORRECTLY EVALUATE YOUR CONDITION.

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



*Myosa*<sup>®</sup> by *Myofunctional Research Co.*  
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*Single Patient Use.*



**MYOFUNCTIONAL  
RESEARCH CO.**

**INNOVATIVE DENTAL APPLIANCE  
TECHNOLOGY AND EDUCATION**



KEEP OUT  
OF DIRECT  
SUNLIGHT



CLEAN  
BEFORE USE