

Do I suffer from sleep apnea?

How often do you feel sleepy/tired or fall asleep during the following situations?

Rate according to the Epworth test* scale:



- Sitting and reading.
- Watching TV.
- Sitting inactive in a public place.
- As a passenger in a car for an hour without a break.
- Lying down to rest in the afternoon.
- Sitting and talking to someone.
- Sitting quietly after lunch (with no alcohol).
- In a car, while stopped in traffic.

TOTAL

If the final score is higher than 10, you have excessive tiredness and could suffer from obstructive sleep apnea (OSA).

Please contact your specialist.

*Epworth Sleepiness Scale. <https://healthysleep.med.harvard.edu/>

The solution to sleep apnea and snoring



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Obstructive Sleep Apnea (OSA) is a respiratory disease that affects resting, health and life quality.

During sleep, breathing is repeatedly interrupted due to a muscular relaxation that blocks the airway. This stops the air from reaching the lungs.

OSA disease and snoring can be treated with a mandibular advancement device (MAD), a medical device used during sleep.

Snoring is a common OSA symptom.

People who suffer from OSA don't have a good sleep quality, and usually feel fatigued and tired during the day.

More than 80% of patients have not been diagnosed. Untreated OSA can cause severe health risks:

Hypertension	Erectile dysfunction
Heart problems	Depression and dementia
Metabolic syndrome	Concentration loss
Obesity	Memory loss
Diabetes	

Factors that cause this disease

Causes that favour OSA appearance are: age, neck diameter, menopause, overweight, alcohol, tobacco usage, and/or certain medication.

OrthoApnea NOA



OrthoApnea NOA is a MAD designed to improve breathing during sleep and prevent sleep apnea and snoring symptoms.

This device is formed by a connected upper and lower splint that keeps the jaw forward, unblocking the airway and improving the air flux during sleep for a **better sleep and life quality**.

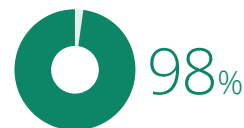
It is manufactured with a resistant, flexible and very light-weighted material. Its volume is reduced which means it occupies a minimal space in the mouth and achieves **optimal comfort** during its usage.

Moreover, it is the only **customised MAD** that adapts to the patients morphology and mandibular movements, and **limits the mouth opening**.

OrthoApnea NOA is indicated for mild to moderate OSA treatment, non-adherent CPAP users and snoring patients. [Please contact your specialist.](#)

OrthoApnea offers a comfortable treatment, **clinically proven*** to have a high effectiveness percentage.

Tolerate the MAD without inconvenience.



Improves the hypopnea apnea index (+50%).



*Preliminary Results of a New Mandibular Advancement Device: OrthoApnea NOA™ Pedro Mayoral, Marcos García, Juan A. Cabrera, Alex Bataller, Manuel Lagravere.

