

Snoring at Night

Respiratory Efforts

- Between ages of 33 and 69⁽¹⁾
 - 69% of men snore
 - 46% of women snore
- 54% of couples are affected⁽²⁾
- 26% sleep in separate rooms

What about You?

- Do you snore every night? ☐ Y ☐ N
- Are your friends and family bothered by your snoring? ☐ Y ☐ N
- Do you have breathing pauses at night? ☐ Y ☐ N
- Do you frequently suffer from headaches? ☐ Y ☐ N
- Do you wake up tired even after getting a full night's sleep? ☐ Y ☐ N
- Do you feel tired during the day? ☐ Y ☐ N
- Do you easily fall asleep at the movie theater or in front of the TV? ☐ Y ☐ N
- Do you tend to fall asleep while traveling? ☐ Y ☐ N
- Do you suffer from high blood pressure? ☐ Y ☐ N

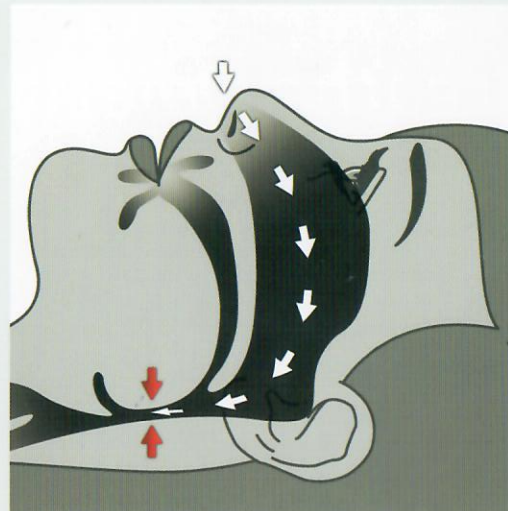
Ref.: (1) N. Meslier et al.; (2) Norton et al., (1985).

Falling Asleep During the Day

Daytime Sleepiness

Snoring is a sound caused by the vibration of the soft tissues of the throat (uvula, soft palate, pharyngeal wall). Because the path of airflow is too narrow, the snorer must make efforts to allow air circulation, and that is why the sound is produced.

In most cases, snoring gets worse with time, age, and weight gain.



Preventing by Taking Action

Often, daytime sleepiness is the first consequence of severe snoring. This is a tendency to fall asleep in the absence of any stimulus; for example, when watching television. The resulting diminished alertness **increases the risk of car accidents by 7 times** and the risk of work accidents.

Disturbing Sleep

Health Risks

Consequences of snoring for the bed partner:

- Sleep schedule adjustments (going to bed earlier)
- Loss of around 1 hour of sleep per night
- Decreased quality of life
- Tiredness

Consequences on **personal, family and professional lives** may become very serious and affect **quality of life**.

Short Term

- Tiredness upon waking
- Sleepiness
- Lack of energy
- Bad mood
- Anxiety
- Irritability
- Sexual issues

Medium and Long Term

- High blood pressure
- Stroke
- Cerebrovascular accident (CVA)
- Diabetes
- Cardiovascular problems
- Depression
- Glaucoma
- Hearing problems

Social Aspects

- Road accidents
- Decreased efficiency at work
- Work accidents
- Family and relationship difficulties

The Panthera D-SAD

Digital-Sleep Apnea Device

Custom-Made by Computer

Efficient & Comfortable

Small & Light

Flexible & Resistant

Breathe Quietly

The Panthera D-SAD is recommended for:

- Snoring
- Mild and moderate sleep apnea
- Severe sleep apnea if CPAP is refused
- Alternatively with CPAP
(practical when traveling)

Ref.: Fleetham et al., (2006). Canadian Thoracic Society Guidelines

Consult your dental practitioner

www.pantherasleep.com

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