

TAP SCREENING™

Sleep care begins with the TAP Screening. It's a simple in-office questionnaire that measures your sleep and wellness (including lifestyle questions, sleep habits and general mood) against sleep-disordered breathing indicators to assess and determine a course of treatment that's best for you.

FACTS TO SLEEP ON.

The CDC has declared insufficient sleep an American public health epidemic.

Sleep-Disordered Breathing (SDB) is the most prevalent, under-diagnosed health issue in the U.S.

According to the American Academy of Sleep Medicine, oral device therapy is the first line of treatment for snoring and mild to moderate sleep apnea.

Consumers spend \$32 billion annually on over-the-counter sleep aids.

Nearly half of all adults snore.

WAKE UP AND TAKE SNORING SERIOUSLY.

Yes, snoring can be a disruption in the bedroom, and fixing it can do the work of a dozen marriage counselors. But modern sleep care recognizes there's a lot more to snoring that could keep you up at night.

Sleep-related dental problems such as GERD (heartburn/acid reflux) and bruxism (teeth grinding) may be signs of more serious health risks including stroke, heart disease, arrhythmias and esophageal cancer. Plus, there are proven links between lack of sleep and a host of problematic symptoms including chronic sleepiness, depression, impotence, memory loss, morning headaches, hypertension and weight gain.

SNORING VS. OBSTRUCTIVE SLEEP APNEA

Varying degrees of snoring and obstructive sleep apnea (OSA) form a spectrum of sleep-disordered breathing. Snoring occurs when the jaw opens and the tongue falls into the back of the throat, causing the airway to narrow and forcing air through the smaller opening, thereby creating sound vibrations. Snoring can be a primary indicator of OSA, a serious chronic disease.

OSA occurs when the muscles and tissue surrounding the throat relax, causing the airway to completely collapse. Airflow to the lungs is blocked, cutting off the oxygen supply to the brain and putting extra stress on the entire body, especially the heart. The obstruction persists until the brain partially awakens the person, who falls back asleep and the cycle repeats, resulting in a chronic lack of sleep.

TAP Sleep Care from Airway Management effectively treats the full spectrum of sleep-disordered breathing. It offers you a holistic, more intelligent approach to your well-being that can dramatically improve your quality of life, starting immediately with myTAP™, a precision-fit trial device that you can receive on your initial visit.



tapintosleep.com



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TAP System devices are made in the U.S.A.
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MKT120 Rev. B

TAKE IT DOWN A NOTCH IN THE BEDROOM. PUT AN END TO LOUD SNORING WITH MYTAP



TAP SLEEP CARE
tapintosleep.com



TAP SYSTEM™

From predictor appliance to custom solutions, the TAP System is a range of advanced devices covering the full spectrum of sleep-disordered breathing.

myTAP™

Snoring to obstructive sleep apnea



- Predictor appliance
- Low-cost, precision-fit
- Immediate treatment
- Easy patient adjustment while in the mouth

TAP CUSTOM

Snoring to obstructive sleep apnea



- Custom fit
- Made in dental lab
- Durable
- Easy patient adjustment while in the mouth
- Medicare/insurance code (E0486)

myTAP PAP

Mild to severe obstructive sleep apnea



- Strapless CPAP mask
- Ultra-quiet
- Leak free
- Medicare/insurance code (A7034 or A7035)

TAP PAP™ CS

Mild to severe obstructive sleep apnea



- Hybrid therapy combining protrusive custom oral appliance with CPAP
- Meets complex patient needs

AN INTRODUCTION TO MODERN SLEEP CARE.

So, what is TAP®? The Thornton Adjustable Positioner, or TAP, is a patented mandibular (lower jaw) advancement device specifically engineered for keeping your airway open during sleep. What makes the TAP so innovative is its single, midline tension mechanism.

This technology allows you to advance your lower jaw with greater range than any other device. It also makes it incredibly comfortable and easy to adjust while it's in your mouth. TAP Sleep Care lets you take ownership of your therapy by achieving optimal results on a gradual, night-by-night basis.

You don't have to just take our word for it – TAP has shown in numerous independent peer-reviewed studies to be superior and more effective than any other appliance on the market. In fact, it's the only device proven to be equivalent to CPAP¹.

1. A. Hoekema, B. Stegenga, P.J. Wijkstra, J.H. van der Hoeven, A.F. Meinesz, L.G.M de Bont. Obstructive Sleep Apnea Therapy. Hoekema Research Report J Dents Res 87(9):882-887, 2008



FIGURE 1
Normal jaw position



FIGURE 2
Relaxed jaw position, tongue and throat tissue collapse, restricting breathing



FIGURE 3
TAP maintains a forward jaw position and an open airway

MYTAP™

IMMEDIATE RESULTS

myTAP™ can be fit in as little as 15 minutes, allowing you same-day treatment and immediate relief.



PRECISION-FIT

The accurate molding capabilities and sleek Precision-Fit trays allow the myTAP to create a comfortable, low-profile fit. Because they can be reheated and refit, the myTAP can be adjusted immediately for maximum comfort.



PROVEN TECHNOLOGY

myTAP design is based on the most effective devices on the market, the TAP. TAP Custom devices continue to be the market leader with over 35 independent peer-reviewed studies and are clinically proven to treat snoring and mild to moderate sleep apnea.

CPAP DOES NOT FIT ALL.

Just like people, no two sleep experiences are the same. For a large number of patients, traditional CPAP therapy may not be the right solution. TAP Sleep Care has multiple treatment options so your clinician (dentist, physician, primary care physician, etc.) can develop an ongoing treatment plan.

IT'S TIME TO GET SERIOUS ABOUT SLEEP CARE.

Unlike other so-called snoring solutions, we recognize that snoring is not a problem unto itself. TAP Sleep Care from Airway Management is a comprehensive patient-centric approach backed by 20 years of innovation to treat sleep-disordered breathing. The results speak for themselves, with more than half a million devices sold, and countless nights of better sleep.

Give your dentist or physician a nudge. Ask them about TAP Sleep Care today.