

More

Quality of Life

- back to
healthy sleeping



Information about
snoring therapy

bredent



Snoring

In half of all bedrooms, restful and healthy sleep is disturbed by extreme snoring that reaches a loudness of up to 90 decibels.

How does snoring occur? During sleep, the muscles that maintain the respiratory tract open are relaxed but as we grow older, these muscles become increasingly flabby. When this happens, a bottleneck is created in the throat.

Thus, the number of snorers increases with age. Alcohol has a similar effect because it is a powerful muscle relaxant. With overweight persons, fat deposits make the respiratory tract narrower.

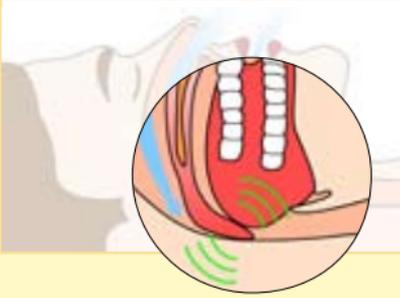
Until menopause, women are generally protected by the muscle-tightening effect of the hormone estrogen.

Snoring is not just an annoying noise – it can also make someone sick.

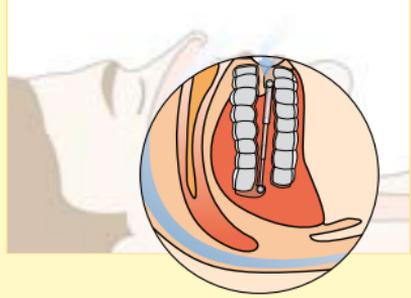
Especially persons who interrupt their breathing restrict their oxygen intake at night, jeopardize their health and must be treated. So-called sleep apnea is an illness recognized by health insurance companies.

You owe yourself a healthy sleep!

The most common causes of snoring are simple and not pathological. Different treatments are available. Protrusion splint therapy (IPS), which has been used for many years, is based on individually manufactured splints made of transparent plastic that the patient wears at night like braces. They push the lower jaw forwards and tighten the tongue and throat muscles at night.



Snoring caused by an unstable soft palate during mouth breathing and ramified respiratory tract.



The respiratory tract remains open because the lower jaw is pushed forward.

Ask your dentist whether the *SleepPlus* protrusion splint is the right treatment method for you. It can once again give you and your personal surroundings a restful sleep and new quality of life.

The advantages of *SleepPlus*

- Individually fitted to the conditions of your mouth
- You can wear the splint when you want or need to do it, after drinking alcohol, for example
- A spherical detent allows the mandibular joint to rest during sleep
- Can also be made from an allergy-friendly material
- Spherical joints and invisibly mounted springs for comfortable wear.



SleepPlus is worn like an aesthetic and unobtrusive brace.

More quality of life

Only few patients know that your dentist is a competent contact when it comes to solving snoring problems.

Working in conjunction with your family/ENT/sleep doctor, the causes and a personalized therapeutic method can be found. In disease-causing snoring, treatment is generally coordinated with a sleep doctor and successful progress is checked periodically.

Contraindication

- Detachable dentures

Protrusion splints can also be an alternative to the CPAP mask in cases of intolerance and allergies, for example.

Allow yourself to be examined, advised and given a cost estimate without obligation for your snoring therapy.

Handed over by

Your dental practice team will gladly answer all your questions!

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