

snoring a problem?

dental appliance therapy
might be the answer

what causes snoring?

When your throat muscles relax in sleep, they are less effective in holding your breathing passages open. The soft sides of the airway tend to close in, and the air has to move faster through a smaller space. This causes vibrations of the soft tissues which generate the noise of snoring.

how does the silensor work?

The Silensor uses a pair of custom made plastic mouldings which you wear at bedtime.

The sections are connected at the sides by short plastic links, which pull your lower jaw forward. This holds the airways open, reducing the constriction that causes snoring.

**A proper pre-treatment assessment
must be carried out.**

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Silensor

anti-snoring systems

...a natural choice

snoring

Studies have shown that approximately 40% of the population of the industrialised countries snore and that this increases to 60% in men above the age of 60.

Most of the noises produced by snoring are generated by vibration of areas of the soft tissues. During sleep, there is a natural relaxation of the muscle tone in the neck and pharynx and the normal firmness of the tissues decreases, resulting in the formation of bottlenecks or even complete obstruction of the airways, especially when the patient lies on their back.

Due to this narrowing of the pharyngeal space, the required volume of air must be respired at a higher velocity to deliver the same quality of air. This results in simulation and vibration of soft tissues, such as the velum palatinum (soft palate) and the uvulum.



obstructive sleep apnoea

Studies show that this is a medical condition and people suffering from it are heard to gasp for breath while they are asleep.

Obstructive sleep Apnoea is defined as a respiratory arrest (of more than 10 seconds).

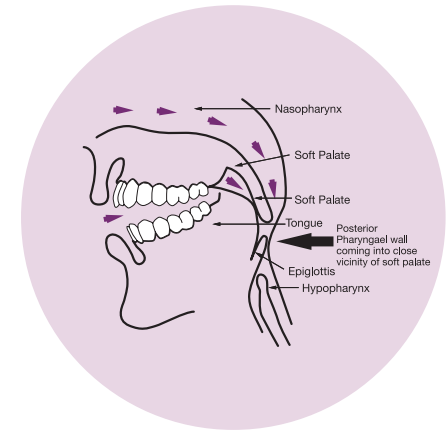
the silensor

The SILENSOR is an oral appliance which can be worn at night. Its biggest advantage being that it is non-bulky, adjustable and allows the patient to continue to breathe more easily.

The success of the treatment is largely dependent on the patient's acceptance of the appliance. Obviously, the depth of sleep and comfort of the patient will increase with the use of this appliance.

All these benefits are advantages of the SILENSOR.

The SILENSOR makes use of the fact that the pharyngeal space is enlarged when the lower jaw is moved to a more forward position.



the effectiveness

The SILENSOR has proven highly successful even when breathing through the nose is difficult or blocked, since in almost all cases the noise involved in snoring is caused by constriction of the airways. Similarly, when breathing through the nose is difficult or impossible, e.g. by polyps, use of the SILENSOR is in no way precluded.

The SILENSOR cannot be used in the edentulous mouth. Where removable partial dentures are worn and are firmly retained within the mouth the SILENSOR can be used. In other cases, it must be assessed individually whether the standing teeth will provide sufficient retention of the device.

