

Insertion of the OASYS

The Clear Upper Splint is placed on the upper teeth first. Then the Lower Oasys Splint (not the Upper Shield/Nasal Buttons) is placed in hot water and then inserted up under the lips and the lower teeth are then guided up into the lower splint. (Fig.1).



Mandibular Advancement

Mandibular advancement can be modified using the wrench to loosen/tighten the locks. By evenly pushing back on the shield the lower jaw will move forward and can open the airway more in the back of the throat. (Fig. 2)



Adjusting the Nasal Buttons for Improved Nasal Breathing and Comfort

With the OASYS in the mouth, the Cottle Manuever (Fig. 3) will help determine if nasal air flow can be improved with repositioning of the Nasal Dilators. Adjustments can then be done in the mouth by pulling the buttons outward to increase stretching of the tissue for nasal dilation or taken out and adjusted. (Fig. 4).



Adjusting the Tongue Buttons for Comfort and Tongue Repositioning

The Tongue Lifter Buttons may be included on your device. They are set with a gentle lift on each side of the back of the tongue to lift it up and forward, and can be adjusted for comfort and more effectiveness. (Fig.5).



If you have taken a Sleep Test and you do not have OSA, an OASYS can be made for you. If you have been tested and have Mild to Moderate OSA and do not wish to use CPAP Therapy, a referral from your Physician will be needed so an OASYS can be made for you. If you cannot tolerate your CPAP, even with Severe Apnea, you can request a referral to have one made.

Do You Snore?

Obstructive Sleep Apnea (OSA) may occur in as much as 20-40% of the adult population who are Snorers. About 20 million Americans have Obstructive Sleep Apnea and 90% go undiagnosed. Obstructive Sleep Apnea is associated with Heart Disease, Hypertension, Stokes, Heart Attacks, Type II Diabetes, Gastric Reflux, Cognitive Dysfunction, Fatigue, plus greatly increases the risk of motor vehicle accidents, personal and work related accidents, poor performance, depression and many other issues.

You or your dentist are not medically qualified to determine if your Snoring is just Snoring, or a symptom of a more serious medical condition...Obstructive Sleep Apnea (OSA).

Snoring, Sleep Apnea & Sleep Disorder Breathing Quiz

The Quiz below can help you decide whether your Snoring could be related to Obstructive Sleep Apnea, if Nasal Breathing is an issue along with a breathing obstruction in the throat and if a Sleep Test is recommended.

1. Are you a loud and/or regular snorer? ☐ Yes ☐ No
2. Have you ever been observed to gasp or stop breathing during sleep? ☐ Yes ☐ No
3. Do you feel tired or groggy upon awakening, or do you awaken with a headache? ☐ Yes ☐ No
4. Are you often tired or fatigued during the wake time hours? ☐ Yes ☐ No
5. Do you fall asleep sitting, reading, watching TV or driving? ☐ Yes ☐ No
6. Do you often have problems with memory or concentration? ☐ Yes ☐ No

If you have one or more of these symptoms, you are at higher risk for having obstructive sleep apnea. If you are also overweight, have a large neck, and/or have high blood pressure..... the risk increases even further.

The OASYS not only opens the airway in the throat during sleep, but also improves nasal breathing. The questions below can identify nasal breathing issues and the benefit of Nasal Dilation with the OASYS.

Do you also struggle . . .

7. with nasal congestion or stuffiness? ☐ Yes ☐ No
8. with nasal blockage or obstruction? ☐ Yes ☐ No
9. when breathing through your nose? ☐ Yes ☐ No

Talk to your dentist for more information about Oral Appliance Therapy for Snoring & Obstructive Sleep Apnea (OSA) and the OASYS Oral / Nasal Airway System.

• Do You Snore?

• Have you been told that you Stop Breathing during Sleep?

• Is Your CPAP Machine in the Closet?

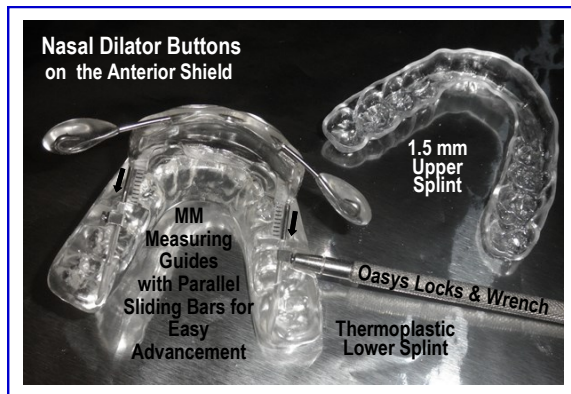


“There are more options than Sleeping in the other Room, CPAP Therapy or Surgery!

Oral Appliance Therapy may be a Good Solution!”



The OASYS Oral / Nasal Airway System was invented by Mark E. Abramson, DDS from Redwood City, California. It is cleared as a 510 K Medical Device by the ENT and Dental Divisions of the FDA: (1) As a Mandibular Repositioner for treatment of Snoring and Sleep Apnea and (2) As a Nasal Dilator for improved breathing through the nose. The **OASYS** treats the upper airway by pull-



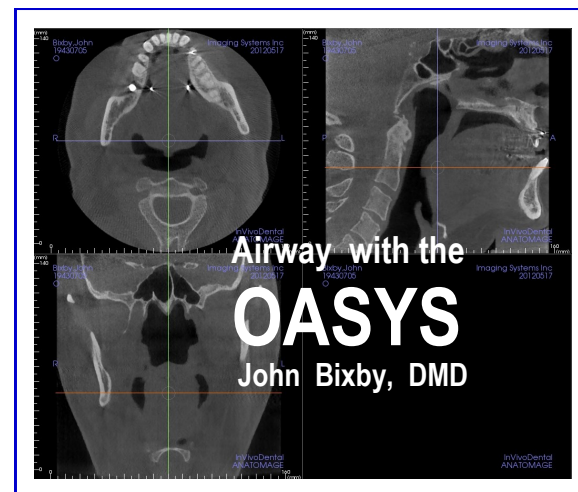
There are **MM Measuring Guides** on each side to monitor position. **Nasal Dilator Buttons** extend from the **Anterior Shield** and are adjusted to help achieve maximum air-flow through the nose. A **Clear Splint** is placed on the upper teeth as a tooth retainer and cushion to relieve pressure on the front teeth. The **Lower Splint** is made of a hard, heat softening resin for comfort and a retentive fit. **Tongue Repositioning Buttons** can be added for posturing the tongue up and forward, and for tongue training for proper swallowing. *Significant results have been shown on severe OSA patients.



www.oasyssleep.com

Patients Wearing Dentures and Partial Dentures: The **OASYS** can be modified to function well with a good fitting upper denture and in various partially edentulous cases with approximately eight or more stable teeth. The partial would be removed during sleep.

Wearing the OASYS with CPAP: The **OASYS** can be modified to attach to a CPAP Pro Nasal Mask or the CPAP Pro can be detached, and the **OASYS** worn by itself.



"My ENT doctor recommended OASYS after I had problems using the CPAP. The OASYS sleep apnea device worked better than my CPAP and was more comfortable and easy to use. In addition to eliminating snoring and associated sleep apnea symptoms, the OASYS made breathing easier during allergy season and corrected the problems I had with grinding my teeth. So I got three problems solved with one device!"^{MED}

OASYS Study 2011—John Bixby, DMD—Comfort Sleep NJ

<div> <div>*</div> <div>20</div> <div>Patients</div> <div>10</div> <div>Severe</div> <div>Listed</div> <div>PSG</div> <div>Before</div> <div>& After</div> </div>	1 Male	Severe	Before	41.2	AHI	2.3	After
	2 Male	Severe	Before	100.0	AHI	1.4	After
	3 Male	Severe	Before	34.4	AHI	12.1	After
	4 Male	Severe	Before	32.3	AHI	0.5	After
	5 Male	Severe	Before	57.6	AHI	2.6	After
	6 Male	Severe	Before	44.5	AHI	1.5	After
	7 Male	Severe	Before	35.1	AHI	3.9	After
	8 Male	Severe	Before	57.0	AHI	7.0	After
	9 Female	Severe	Before	31.6	AHI	11.6	After
	10 Male	Severe	Before	45.9	AHI	5.3	After

ing the lower jaw and tongue forward to prevent the tongue from blocking airflow and strengthening the throat against collapse. It also treats sleep disordered breathing by addressing upper airway resistance in the nasal region. The **Anterior Labial Shield** of the **OASYS** is used for modifying the position of your lower jaw, with advancement of **6-15mm**. It slides on parallel bars for easy adjustment, by loosening and tightening the **OASYS Locks with the Hex Wrench**.