



Snoring is an expression of the pharyngeal narrowing and is due to the vibration of the soft parts of the upper airway which includes the pharyngeal walls, veils of the palate and the uvula<sup>(1)</sup>.

Obstructive sleep apnea (OSA) is a condition wherein there is repetitive and intermittent occlusion of the upper airway during sleep<sup>(2)</sup>. Depending on the severity of the airway occlusion, it will lead to hyponea or even apnea. Several studies have shown that OSA has many negative effects on an individual's general health including neural and cardiac functions.



### For a great night sleep

- Custom made for comfort and durability
- Inserted with ease
- Stops or reduces noise level to an acceptable level in snorers
- Medically proven to improve quality of life activities



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# Rylax

## Anti-Snoring Devices



(1) Jayesh S.R., and Bhat W.M. (2015). Mandibular advancement device for obstructive sleep apnea: An Overview. Journal of Pharmacy and BioAllied Sciences. Apr;7(1):S223-S225  
(2) Rodriguez-Lozano F.J., Saez-Yuguero M.R., Linares T.E., and Bermejo F.A. (2008). Sleep apnea and mandibular advancement device. Revision of the literature. Med Oral Patol Oral Cir Bucal. 13:E549-54.

# Types of Anti-Snoring Devices



## Elastic Mandibular Advancement Appliance (EMA®)

The EMA® appliance is one of the simpler forms of mandibular advancement device. It is well tolerated by patients who are new to oral anti-snoring devices. The opening of the bite and mandibular protrusion are achieved by bite planes and elastic straps respectively. These elastic straps are interchangeable and therefore offer the opportunity for the patient to gradually adapt to the desired mandibular protrusive state by slowly adjusting the length and stiffness of the elastics. Furthermore, the flexibility of the elastics allows lateral movement and therefore increasing Temporomandibular Joint (TMJ) comfort.



## The MOSES® Elite

The Moses appliance is a more rigid type of anti-snoring device which can be used to treat mild to moderate obstructive sleep apnea. There are generally 3 parts to The Moses appliance. The first is an upper flexible retainer which prevents tooth movement and allows the maxillary teeth to become an important anchor for the appliance. The lower portion of the appliance is designed to stimulate the tongue to come into a protrusive position, therefore, reducing blockage of the airway. Lastly, the top part of the base has an adjustable segment which will determine the protrusive amount of the mandible.



## The Serene Silensor™

The Serene Silensor™ is a new type of mandibular advancement device with some distinct features. The major difference that distinguishes the Serene Silensor™ to the EMA and The Moses is that the upper and lower members are not bound to each other. This offers supreme comfort for the patient. Two wing extensions and an adjustable block on the upper maintains the mandible in the patient's desired protrusive position. Furthermore, a vertical component is also included in the design to allow space for the tongue to move forward. There are also more design specifications included in the Serene Silensor™ that are placed to prevent the tongue from blocking the airway during sleep.

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*Have a Good Night!*