

WHY DO WE SNORE?

Snoring is caused by air passing through narrowed airways.

In fact, while you are asleep, your soft palate, uvula and tongue all relax, which narrows your airways, especially at the level of the pharynx. The obstructed airflow makes the associated tissue vibrate and this causes the snoring.

Snoring is sometimes associated with persistent tiredness, which may be caused by sleep apnea.

Sleep apnea is caused by the same mechanism as snoring and occurs when the airflow is completely obstructed. It may have serious health consequences (such as hypertension, cardiovascular accidents, cancer, type 2 diabetes, traffic accidents, etc.).

MANDIBULAR ADVANCEMENT DEVICES A RECOGNISED TREATMENT

For several decades now, clinical studies have shown that mandibular advancement devices are effective for snoring and sleep apnea. Of course, other treatments are available. Surgery can be effective but it is very expensive, involves risks and does not guarantee results even though it is irreversible. Ventilation machines are reserved for the most serious cases but are extremely hard to tolerate. Nasal dilators may help some snorers if their nasal breathing is limited but this is not the main cause of snoring. And throat lubricants (sprays or lozenges) do not generally work after a few minutes and only in cases of very light snoring.

Mandibular advancement devices are generally recommended as the first-line treatment for snoring and sleep apnea¹ by American, European, Japanese, etc. Sleep Associations,

THE ANTI-SNORING SOLUTION FROM ONIRIS

Oniris is a mandibular advancement device that stops or significantly reduces snoring and sleep apnea.

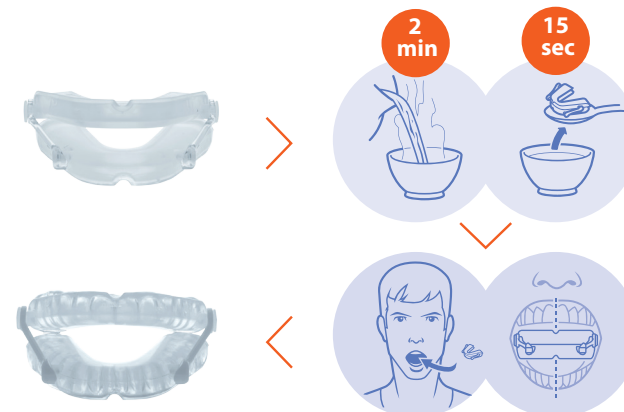
This is the first **ready-to-use** anti-snoring device offering a truly customised treatment whose effectiveness has been proven clinically in several hospitals in France.



BENEFITS OF YOUR ONIRIS DEVICE

Comfortable and customised fitting

- Make a dental impression at home in just 5 minutes
- Just as accurate as a professional dental laboratory
- No risk of making a mistake, as you can make another impression, if necessary
- Prevents pain and dental movement by distributing the pressure across all the teeth
- Save hundreds of euros compared to the custom-made devices



A customised advancement for excellent clinical results

Insufficient adjustment will reduce the effectiveness of the device; however, too greater adjustment will make it uncomfortable. The ONIRIS patented systems offers comfort and effectiveness:

- Adjustment from 0 to 15 mm, with a 1 mm accuracy
- Clear information on the level of advancement
- Easy to re-adjust and reset in just a few seconds
- Prevents muscle pain
- Maximum comfort and effectiveness

Total freedom of movement

- You can open and close your mouth, drink, breathe and talk naturally
- Prevents joint pain
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Proven medical treatment, guaranteeing safety

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Available in two sizes: standard and small

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Inexpensive treatment

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(1) For cases of mild to moderate sleep apnea. For cases of sleep apnea, mandibular advancement devices are recommended when treatment using continuous positive-pressure machines is either refused or abandoned. For cases of sleep apnea, please seek advice from your doctor.