



**Stop Snoring  
overnight  
with a  
SleepPro**

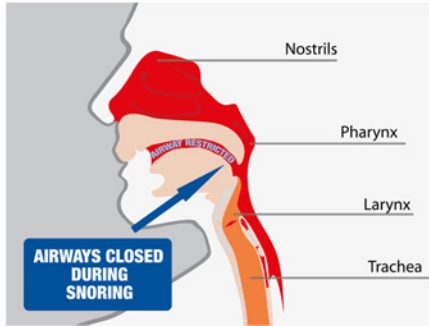
 **MADE IN  
BRITAIN**

 **sleepPro**  
PREVENTING SNORING

**Providing NHS Approved Appliances since 1998**

## What is snoring?

The National Health Service in the United Kingdom clearly defines snoring as being caused by the vibration of the soft tissue in your head and neck as you breathe in, and is a problem for as many as 40% of the adult population, and one that is no longer confined just to men. While you are asleep, the airways in your neck and head relax and narrow, and this increases the speed at which you are breathing out and changes the pressure in the airway itself. The result is to cause the soft tissue to vibrate which produces the sound known as snoring.



The same effect can be the result of a partially blocked airway that may be caused by such conditions as enlarged tonsils and colds. The evidence suggests that snoring will get worse over time if it is left untreated.

Vibrations that occur during snoring appear to damage blood vessels that supply the muscles in the head and neck and over many years this causes them to weaken. If so, their ability to keep the airway open will be affected, making you more likely to snore frequently and loudly.

The tissue that can be affected includes:

### NASAL PASSAGES

The airways that run through the nose and connect to the airway in the throat

### UVULA

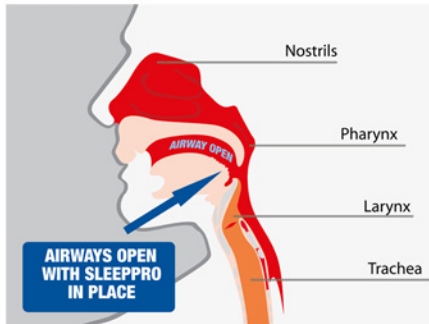
A small cone-shaped section of tissue that hangs from the soft palate in between the tonsils

### SOFT PALATE

A layer of tissue at the back of the mouth between the roof and the tongue base

### TONSILS

The two small glands above the tongue that are found at the junction of the mouth and the pharynx



If snoring is coupled with other things such as obesity, heavy alcohol intake, smoking, and similar lifestyle problems, the results are even more dramatic - particularly so if the problem is obstructive sleep apnoea. To cure snoring problems wherever possible would save the world's health services from a major waste of expenditure by saving lives and allowing the funds to be spent better. This could happen for a very small outlay indeed – that of the really low price of an anti-snoring mouthpiece.

People who snore very heavily and gasp for breath as they do so may suffer from OSA, or obstructive sleep apnoea. This is a highly dangerous condition that occurs when airways become temporarily blocked during sleep. As a result of this happening the oxygen supply to the brain can be cut off for up to 100 times an hour. Almost 5% of the UK population are OSA sufferers and millions of other undiagnosed cases remain.

The following problems have been strongly linked to obstructive sleep apnoea through the many well accepted research studies that have been conducted worldwide.

**HIGH BLOOD PRESSURE**  
**HEART DISEASE**  
**TYPE 2 DIABETES**

**WEIGHT GAIN**  
**ADULT ASTHMA**  
**ACID REFLUX**

**ACCIDENTS**  
**SOME TUMOURS**  
**ALZHEIMER'S**

## Company Profile And History

SleepPro is a British company and has become the established market leader in the design, development and manufacture of high quality, affordable mandibular advancement splints to stop and prevent snoring. These are also called mandibular advancement devices or MAD'S.

Using our expertise in oral surgery and dental techniques we aim to help chronic snorers and their partners find an affordable way to stop snoring and have developed the SleepPro System as an affordable and effective means of treating snoring.

We firmly believe that mandibular advancement splints, or jaw advancers have an important role to play in treating a range of sleep disorders, especially those that are associated with stopping snoring and alleviating upper airway obstructions. Success rates have run as high as 98 percent in tests.

Through our SleepPro range, we offer a choice of different products that are priced to make MAD's affordable to everyone and they are available not only as both boil-and-bite versions that can be easily moulded to fit by you at home, but also as semi-bespoke mouthpieces where you supply us with an accurate dental impression from a kit that we send you, then make a perfect fitting mouthpiece in our UK Dental Laboratories.



Since it was first established in 1998 the SleepPro range has moved on to become the leading UK brand, and has gained NHS Approval status, with many hospital sleep centres now either recommending our products or supplying them direct.

Since that time SleepPro has extended its marketing into numerous other countries around the world, particularly the USA, Canada, Australia, New Zealand and the countries of South America where OAT (Oral Appliance Technology) is widely regarded as a major contributor to the prevention of more serious health problems that are now clearly attributed by them to heavy snoring or mild to moderate obstructive sleep apnoea.

All SleepPro products are fully recommended by the British NHS - which is the Government administered National Health Service of the United Kingdom, and for which the product is an approved product for any patients who snore.

It is a non-prescription product that is recommended and approved by sleep clinics, hospitals, doctors and dentists worldwide. In Britain they are tested and recommended by many of the NHS and private hospitals with treatment programmes in sleep medicine and snoring – these including Harley Street and two of the UK's most important centres of excellence in sleep medicine. Various SleepPro products also have FDA Approval in the USA.

Although we manufacture all the SleepPro devices in Britain we have a highly established distribution system across Europe, Australasia, the Far East and also throughout the USA and Canada that holds stock permanently and in so doing minimises both delivery time and costs.



## SleepPro Easifit



**98% Success Rate**



**Comfortable Fit**



**BPA and Latex Free**

The SleepPro Easifit is a custom developed mouthpiece that has been designed to stop snoring comfortably and is up to 40 times more affordable than dentally fitted devices. It's easy to fit and adjust, medically recommended and works immediately.

The SleepPro Easifit uses special 'Boil and bite' technology to ensure it is comfortable to wear and easy to adjust.

Although a SleepPro Custom will offer maximum comfort and efficacy, many customers have found that the highly efficient Easifit is enough to stop their snoring without the need for a more specially formed bespoke oral appliance.

Easifit is now available in an anti-microbial version and the AM version will last longer, as well as providing 99.99% protection from germs.

The original Stop Snoring Device helping people since 1998

Up to 40 times cheaper than any dentally fitted device

Highly effective and with a 98% success rate

Easy to fit and adjustable with boil and bite technology

Recommended by Doctors and Sleep Disorder Clinics worldwide

Get the sleep you deserve plus 30 day money back guarantee

## SleepPro Woman



**Designed for women**



**Easy to adjust**



**Unobtrusive**

No woman likes to think that she snores, because of the stigma that is attached, but current statistics show that women who snore account for 40% of all snorers.

Recent UK research shows that women are heading in increased numbers for their GP, Dentist, or Sleep Centre to find a solution to resolve this major sleep disorder and the related dangerous health situation.

Based on SleepPro Easifit, Woman uses the same special 'Boil and bite' technology to ensure it is both comfortable to wear and easy to adjust.

SleepPro offer a range of high quality approved devices to help to prevent serious health problems caused by heavy snoring and obstructive sleep apnoea and Woman by SleepPro has been specially produced with this in mind.

Designed especially for women and NHS Approved

Highly effective and with a 98% success rate

Easy to fit and re-adjustable for extra comfort

Fits snugly and unobtrusively and stays firmly in place

Recommended by Doctors and Sleep Disorder Clinics worldwide

Get the sleep you deserve plus 30 day money back guarantee

## SleepPro Custom



**Fits you perfectly**



**Can replace CPAP**



**BPA and Latex Free**

The SleepPro Custom is a bespoke mouthpiece to stop snoring and to prevent sleep apnoea and is much more affordable than any dentally fitted device.

It has the highest possible medical recommendation in the research that has been conducted by the Sleep specialists at NHS Papworth Hospital whose findings were published in Autumn 2014 in 'The Lancet'.

The SleepPro Custom is made to fit your mouth perfectly and will offer maximum comfort and efficacy. It will stop you snoring immediately, fully safeguarding your future health from serious problems.

Custom is now available in an anti-microbial version (AM) and the AM version will last longer, as well as providing 99.99% protection from germs.

Nearly half the price of costly dental alternatives

Highly effective for both snoring and sleep apnoea

Fits perfectly and custom made to fit your jaw exactly

Made in our Laboratories from the highest quality materials

Recommended by Doctors and Sleep Disorder Clinics worldwide

Comfortable and easy to use  
30 day money back guarantee

## SleepPro Easifit AM



**Protects from Germs**

## SleepPro Custom AM



**Fresher and longer lasting**

Both Easifit and Custom are now available in an anti-microbial version which can be identified by the use of the ending AM which follows the name. These versions will not only last longer but they will protect you from germs. This new technology will not only make your SleepPro mouthpiece much more hygienic, but it will keep it fresher for longer, as well as protecting the surface of the appliance and also helping to preserve a good comfortable fit.

It will provide long-lasting hygienic protection by creating a surface barrier upon which microbes cannot survive, and at the same time it will also extend the lifetime of the product, as well as helping to safeguard your teeth.

### **CUSTOM IS THE NUMBER ONE NHS CHOICE IN THEIR RESEARCH**

Totally independent research has been carried out by leading medical researchers at the NHS Papworth Hospital who are world-famous for their work in heart research and sleep disorders. Their two key recommendations for custom made oral appliances were:

- SleepPro Custom should be offered as first line treatment for mild OSA and any form of snoring
- SleepPro Custom should be offered as an alternative to CPAP for the treatment of moderate OSA

## SleepPro Sleep Tight



**Fits you more firmly**



**Improved air intake**



**BPA and Latex Free**

Based on the long-established and proven SleepPro Easifit, this recently developed custom proven mouthpiece is now available worldwide after gaining stringent FDA clearance in the USA.

If you're looking for something highly effective, easy to adjust, and offering a tighter but still comfortable fit, then a Sleep Tight is the ideal oral appliance.

The SleepPro Sleep Tight uses twin polymers and the special 'Boil and bite' technology to ensure it is very comfortable to wear and easy to adjust. Although a SleepPro Custom will offer maximum comfort, many customers find that the Sleep Tight is enough to stop their snoring without any need for a more specially formed bespoke oral appliance.

Based on the successful Easifit and now with FDA clearance  
It carries the same 30 day money back guarantee

Twin polymer technology makes it effective and comfortable

Improved ease of fit using boil and bite technology

Fits you more firmly to reduce any rubbing or chafing

Improved air intake - more tongue space and a larger breathing hole

## SleepPro Contour



**7 different settings**



**Easy to adjust**



**BPA and Latex Free**

This special mandibular advancement device was developed due to a high volume of requests received from doctors and patients alike.

It is medically proven to work, and it is very highly cost-effective in comparison with other more expensive, invasive treatments.

Still using the original 'boil and bite' technology, the SleepPro Contour allows you to adjust and experiment with the amount of advancement needed to stop your snoring by using interchangeable straps, whilst still ensuring maximum comfort and the closest fit without selecting a mouthpiece like SleepPro Custom which has full customisation. It comprises upper and lower trays to shape to your dental arches with optimum fit.

Designed with comfort, fit and adjustability in mind

7 different settings for precise and variable advancement

Highly effective and works immediately

Unique advancement straps with easy attachment and removal

Ergonomic trays to fit both the upper and lower dental arches

50% refund if you are not satisfied within 30 days



## SleepPro Chin Support Strap

The SleepPro Chin Support Strap is a specialised stop snoring product designed for the treatment of open mouthed snoring and is a well proven solution to minimise the problem of dryness of the mouth that snoring causes during sleep.



With the chin strap on, you can sleep peacefully and without any discomfort or pain. This anti-snore chin strap is designed for easy use and it has an easily adjustable, sleek design.

Wrapping around the chin and top/back of head, the chin strap ensures that the mouth of the person snoring remains closed all night without coming off.

The exclusive one-piece, two strap design ensures comfort, whilst firmly remaining in position throughout the duration of your sleep.



A simple, affordable anti- snoring device for open mouthed snoring

Fits easily across the chin and around the top/back of head

Comfortable to wear and brings instant results

Proven to vastly reduce problems of a dry mouth during sleep

Easy to clean using either a hand or a machine wash

Affordable, long lasting and it fits all sizes

## SleepPro Night Guard

Helps to prevent bruxism and gives relief to the grinding and clenching of teeth during sleep plus the associated morning headaches..



A perfectly fitting one-piece Night Guard to help you sleep and protect your teeth from wear and damage.

This affordable custom-made device will be made to fit your dental profile and when worn at night will prevent the many problems of bruxism where subconsciously you grind their teeth and clench your jaw.

Our emphasis is always on quality and comfort and you can be confident that this mouth guard will be produced to the highest possible standards. It is made from high grade dental material which is BPA and Latex Free.

Our own certified Dental laboratories are located in Britain and conform fully to all the required guidelines.

A storage case is included with the product.

## SleepPro Fresh & Clean



- Each pack contains 20 tablets.
- Ideal for daily or weekly use to keep your sleepPro fresh and clean.
- Specifically developed for cleaning devices such as removable braces and stop snoring appliances.
- Unlike other counter dental cleaning products these will not degrade and discolour the plastic.

## **SleepPro devices are suitable for:**

### **Primary snoring**

Mild to moderate obstructive sleep apnoea

Done under the guidance and advice  
of a medical professional such as their GP

### **CPAP intolerance**

Intermittent use by patients unable to use CPAP when travelling  
under the guidance and advice of their medical professional

### **Contraindications**

Always seek advice from your medical professional before fitting  
this device if you have any of the following

TMJ dysfunction

Mobile teeth or crowns, periodontitis, or large gaps between your teeth

Over-sensitive gag reflex

Central sleep apnoea

Limited mandibular advancement

## **CONTACT US FOR SUPPORT AND ADVICE**

Our consultants can offer some of the best advice available so if you're uncertain  
about which product will bring you the best results.

Feel free to get in touch with us in the following ways:

**Email: [info@sleeppro.com](mailto:info@sleeppro.com)**

**Telephone: 0800 699 0844**  
Monday to Friday 9am – 4.30pm

### **By Post:**

SleepPro

5 Broadpiece, Pennyland, Milton Keynes, MK15 8AT, United Kingdom



**You can order all products on our website at [www.sleeppro.com](http://www.sleeppro.com)**