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Mayo Clinic Studying Obstructive Sleep Apnea and Airway Health Connection with REMplenish™ Myo-Nozzle

*Researchers are studying if the drinking nozzle by REMastered Sleep can help patients with
Obstructive Sleep Apnea*

EAGAN, Minn., September 28, 2023 -- The American Medical Association found that about [30 million people](#) in the U.S. struggle with sleep apnea. While there are solutions available, many of them are a big commitment and disruptive to people's everyday lives. Now, researchers at the [Mayo Clinic](#) are studying a product called [REMplenish™](#) to track how it helps.

REMastered Sleep created the REMplenish Myo Nozzle to help people get a better night's sleep by improving their airway health. Drinking water through REMplenish provides targeted passive exercise to the muscles of the mouth and throat such as genioglossus, soft palate and pharyngeal dilator muscles. This reinforces proper tongue position, strengthens the airway and supports nasal breathing. REMplenish is based on myofunctional therapy exercises which studies have shown to reduce Obstructive Sleep Apnea (OSA) and snoring by 50% or greater on average.

Starting September 2023, participants will use REMplenish for two months to study if building a stronger airway helps reduce the impact of mild to moderate OSA and snoring. Researchers will measure quality of life, drinking adherence with a water bottle that records water intake, Apnea Hypopnea Index (AHI) and blood oxygen level and snoring levels. Both the intervention and placebo group's sleep patterns will be measured with a sleep study before using the product and after the two-month trial period has ended. A myofunctional assessment will be performed pre and post REMplenish use to monitor for changes in myofunctional assessment scores and changes in tongue strength and endurance measured by Iowa Oral Performance Instrument (IOPI).

"We've heard from our customers how well this works, and we are so happy to be making a difference in the lives of so many already," Anders Olmanson, CEO of REMastered Sleep and the inventor of REMplenish said. "Our team is excited to see the results of the study and how it impacts the lives of patients at the Mayo Clinic."

People who have already been using REMplenish say it has changed the way they sleep for the better.

“This device makes a huge difference,” said Liz, a REMplenish user. “The improved swallowing pattern from drinking through this straw tip [REMplenish Myo-Nozzle] carries over when not using it. After a couple of weeks, I am sleeping more soundly now too.”

For more information, please visit or remasteredsleep.com contact Ashley Hommer at ashleyh@media-minerfield.com or 651-247-3212.

About REMastered Sleep:

Minnesota-based REMastered Sleep is on a mission to eliminate preventable airway health issues such as obstructive sleep apnea and snoring. Drinking water with the REMplenish™ Myo-Nozzle can provide targeted resistance to the muscles in the tongue, mouth and throat, helping to exercise the airway and strengthen key muscles for better airway health. This form of myofunctional therapy can lead to improved breathing, reduced snoring, proper tongue function and better-quality sleep. Learn more at remasteredsleep.com.

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