

REMplenish™ Myo-Nozzle Sleep & Snoring Case Study

Heather Margaret, MD

Homestead Health Direct Primary Care, Clark Fork, Idaho



In my practice of family and lifestyle medicine I encounter many people with problems rooted in issues regarding breathing and sleep. Over 1 billion people worldwide suffer from sleep disordered breathing. These conditions include mouth breathing, snoring and sleep apnea which contribute to a myriad of long-term chronic health conditions such as heart disease, stroke, diabetes, anxiety and depression to mention just a few.

This brief report describes a snoring case in which the patient responded quickly and completely following the implementation of myofunctional therapy and the use of the REMplenish Myo-Nozzle. Myofunctional therapy has been shown to decrease sleep apnea scores by as much as 50% (1) This case is noteworthy for having a complete nightly documentation of snoring levels during the treatment period using SnoreLab. www.snorelab.com

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A middle-aged female was found to have Snore Scores in the range of 25-30 upon initial testing. Sleep hygiene and myofunctional therapy were initiated, utilizing the treatment protocols of the Academy of Orofacial Myofunctional Therapy. (AOMT) During the initial course of treatment snoring scores steadily declined but eventually leveled off at a Snore Score near 6. (Figure A)

March & April 2023

SnoreLab Snore Scores hovered at a plateau of 6 and there was poor adherence to prescribed myofunctional therapy. (Figure B Mar-Apr 23)

May 2023

To break the plateau in scores, the REMplenish Myo-Nozzle was introduced the first week of May, as indicated by the highlighted column in Figure C. An immediate decline in Snore Scores is evidenced in the subsequent weeks of Figure C. The weeks following (Figure D) show a continued response to treatment. Snore Scores settled at 0-1 in the following months. Recording was discontinued in September with consistent Snore Scores of 0-1 (Figure E).

Figure A – Initial Testing & Tracking

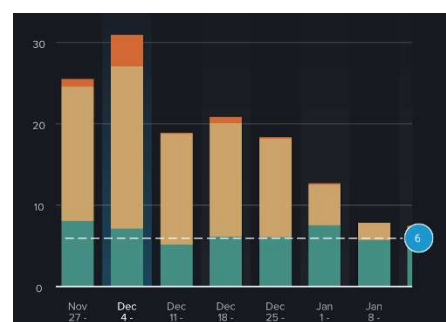


Figure B – Mar/Apr 23 - Plateau



Figure C – May 7 onset of REMplenish use



Figure D – Sustained Reduction in Snore Scores



Figure E – Scores Consistently 0-1



(1) Camancho M, Certal V, Abdullatif J et al. Myofunctional Therapy to Treat Obstructive Sleep Apnea: A Systematic Review and Meta-analysis. Sleep. 2015;38(5):669-67