



ANTI-SNORING SOLUTIONS

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YOUR PATIENTS DESERVE A  
**GOOD NIGHT'S SLEEP**

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BECOME A PROVIDER OF

**MSi**  
Mandibular Snoring Inhibitor

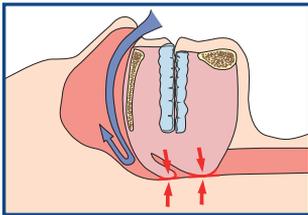


## A NATION OF SNORERS NEEDS YOUR HELP

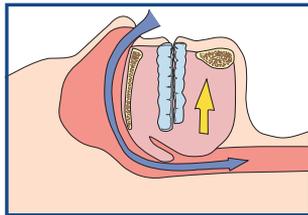
41.5%<sup>2</sup> of the UK adult population - 15 million people, suffer from snoring. It is also estimated that approximately 1.5 million people in Britain have obstructive sleep apnoea (OSA)<sup>1</sup>. Symptoms reported by sufferers of snoring and OSA include: morning headaches, excessive daytime sleepiness, irritability and depression<sup>2</sup>.

Untreated OSA has been linked with heart disease, stroke, type two diabetes, risk of motor vehicle accidents and impaired quality of life<sup>2,3</sup>. In some cases, a partner's snoring can result in separate bedroom use, which can lead to relationship difficulties.

The vibrations and noises of snoring occur when the patient relaxes during sleep; the soft tissue in the back of the throat changes shape, restricting normal air flow. Obstructive sleep apnoea is when the throat tissues close the airway completely and the patient periodically stops breathing during sleep. Each time this happens, breathing is eventually resumed with an involuntary gasp for air.



Blocked airway causes snoring and obstructive sleep apnoea



Anti-snoring appliance opens up the airway

## WE ALL DESERVE A GOOD NIGHT'S SLEEP

The MSi (Mandibular Snoring Inhibitor) snoring appliance is the next generation of anti-snoring dental appliances which provides a high level of patient compliance with snorers and sufferers of OSA (obstructive sleep apnoea) transforming the lives and improving the personal relationships of many patients.

**The MSi - Mandibular Snoring Inhibitor** snoring appliance holds the mandible in a protrusive position to prevent the soft tissue in the throat from restricting the airway. Slim in shape and easy to adjust, the MSi snoring appliance is designed to offer patient comfort and increase compliance.

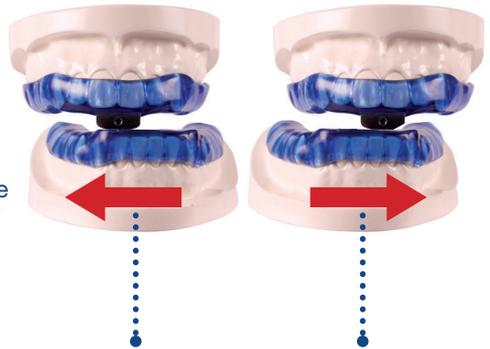


### BENEFITS IN PROVIDING THE MSI SNORING APPLIANCE?

- Growth opportunity with minimal investment.
- Free marketing including pre-designed posters and leaflets.
- Excellent support available from DB Orthodontics / Lab Supplies.

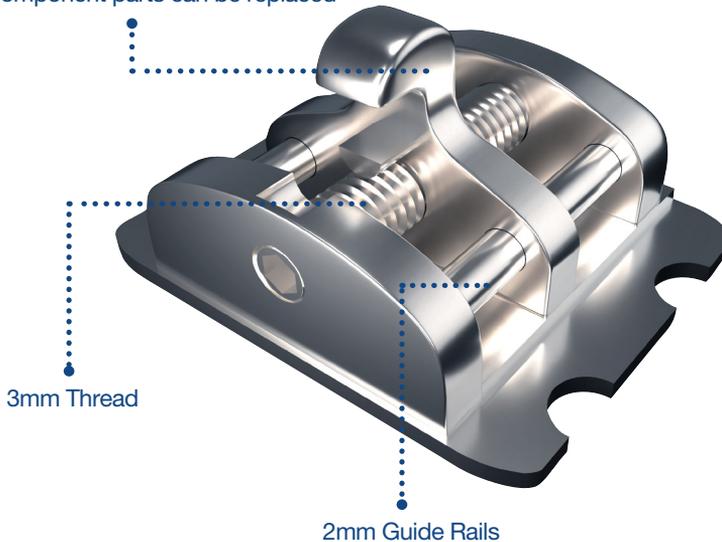


-  Extremely strong and hard wearing – built to withstand bruxism & clenching.
-  No plaque traps - all parts are accessible and easy to clean.
-  Reliable first time fit, due to the considerable amount of available adjustment and ease of manufacture.
-  Facilitates normal breathing - with or without mouth closed.



Lateral movement allows for greater patient comfort

MSi snoring appliance hook is extremely strong and all component parts can be replaced



-  Provides 10mm of protrusive adjustment.
-  High level of comfort which can result in increased compliance.
-  Straight forward to use including patient self-adjustment.
-  All parts are replaceable to ensure a long life.

### HOW TO FIT THE MSi SNORING APPLIANCE:

- Place the upper part of the device (featuring the hook) in the mouth and push into place covering the upper teeth.
- Place the lower part of the appliance in the mouth and press into place covering the lower teeth.
- To locate the hook correctly, move the lower jaw forward until engaged.

### TO REMOVE:

- Ask the patient to push their lower jaw forward to disengage the hook.
- Ask the patient to use the edge to push the lower part of the appliance in an upwards direction and the upper part of the appliance in a downwards direction to dislodge from the teeth and remove.

### HOW TO ADJUST THE MSi SNORING APPLIANCE

It is important for the patient to take time to get used to the feel of the MSi snoring appliance as initially, it may feel uncomfortable. It is recommended that for the first week the patient should wear the device without any advancement with the MSi adjustment screwdriver.

1. Once the patient is used to the appliance, a gradual adjustment of the MSi is recommended (one turn of the screw; 0.5mm advancement a week) until the optimum position is found. It isn't simply a matter of the further forward the better; its about finding the 'optimum position' where snoring will cease or be reduced.
2. Use the MSi adjustment screwdriver to move the advancement hook forwards in a clockwise position.
3. Adjusting the MSi is easy with the specially designed MSi adjustment screwdriver. An indentation on the shaft of the MSi adjustment screwdriver helps to register a full turn of 360° degrees. The MSi adjustment screwdriver can always be positioned with the indentation visible.
4. Adjustments of the MSi should be made outside the mouth to ensure the MSi adjustment screwdriver is fully inserted and the hook thread is not adjusted to its full extent. Warning! If the MSi adjustment screwdriver is turned when fully extended and resistance is felt, you risk damaging the mechanism and a costly repair.
5. If no further adjustment is available, it can be repositioned by the manufacturer.

### USING THE MSi ADJUSTMENT SCREWDRIVER

Adjusting the MSi snoring appliance is easy with the specially designed MSi adjustment screwdriver..

- An indentation on the shaft of the key helps to register a full turn of 360° degrees.
- Unlike larger keys, the MSi key can always be positioned with the indentation visible.
- To ensure the screw socket will never be damaged, the adjustment key head is sacrificial and specifically designed to fail before the socket, if over tightened.
- The MSi adjustment key head is compact, easy to use, and far more reliable than flat head keys.



## WHAT IS THE BITERIGHT?

Simple and easy to use, the BiteRight jig ensures:

- The depth of bite is perfect first time, every time
- The exact height of the MSi snoring appliance hardware is replicated
- There is none of the usual guesswork associated with wax bite provision

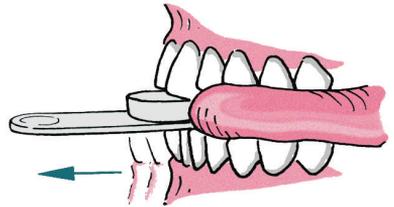
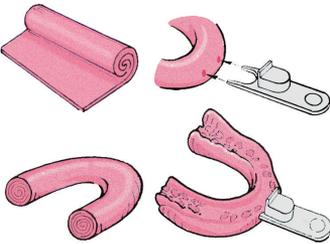
Since the BiteRight's introduction, 0% appliances have been returned for adjustment after an initial fitting. That's a 100% success rate!



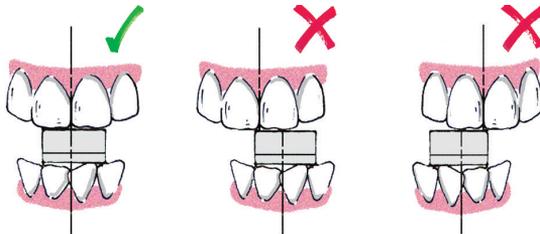
## HOW TO USE THE BITERIGHT JIG

1. Make a deep wax bite and place onto the Bite Right jig.

2. Ask the patient to bite down in protrusion as far forward as comfortably possible until the anterior teeth contact the bite right.



3. Make sure the bite is not skewed. If possible align the patient's upper and lower centre lines.



## HOW TO GET STARTED

Provide your patients with a comfortable, safe and effective solution in 4 steps:

1. Initial consultation with patient.
  - Fill in pre-screening questionnaire provided to determine potential risk of OSA. Patient can still be treated for snoring if mild OSA is suspected.
  - If OSA is suspected, refer to GP for diagnosis which may involve a sleep study.
  - Take impressions.
2. Send impressions to an MSI snoring appliance accredited laboratory.
3. Fit appliance for patient.
4. Follow up appointment - patient returns for review of snoring activity and partner feedback.

## REFERENCES

(1) - British lung foundation OSA UK health economics report.

(2) - British Snoring & Sleep Apnoea Association.

(3) - Anika Ahrens, Colman McGrath, Urban Hägg; "A systematic review of the efficacy of oral appliance design in the management of obstructive sleep apnoea", European Journal of Orthodontics, Volume 33, Issue 3, 1 June 2011, Pages 318–324.

(4) - Durán-Cantolla, Joaquín et al. "Efficacy of Mandibular Advancement Device in the Treatment of Obstructive Sleep Apnea Syndrome: A Randomized Controlled Crossover Clinical Trial." Medicina Oral, Patología Oral y Cirugía Bucal 20.5 (2015): e605–e615. PMC. Web. 1 Mar. 2018.

## DOWNLOAD INSTRUCTIONS

Patient Instructions



BiteRite instructions



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