



A DEEPER LOOK AT SLEEP HEALTH

A review of **independent sleep studies** conducted in 2015 by the American Academy of Dental Sleep Medicine and the American Academy of Sleep Medicine analyzed the **effectiveness of oral appliances** in reducing sleep apnea. **TAP is the clear winner.**

SLEEP APNEA IS MEASURED USING AHI

The **Apnea-Hypopnea Index** measures the number of apnea events, or pauses in breathing lasting at least 10 seconds, per hour of sleep.



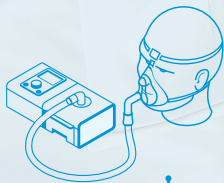
AHI CATEGORIES

Normal: 0-4

Mild: 5-14

Moderate: 15-29

Severe: 30 or more



CPAP CRITERIA

the device reduces AHI to **LESS THAN 5** and by more than 50%

SLEEP DEVICES ARE CONSIDERED SUCCESSFUL IF:



ORAL APPLIANCE CRITERIA

the device reduces AHI to **LESS THAN 10** and by more than 50%

USING CPAP CRITERIA

	STUDY	CATEGORY	AHI REDUCTION	AHI BEFORE	AHI AFTER
👍 TAP	HOEKEMA2008A	SEVERE	87%	31	4
👍 TAP	HOEKEMA2007A	MODERATE	84%	20.4	3.2
SILENCER	GAUTHIER 2009	MILD	53%	10	4.7
KLEARWAY	GAUTHIER 2011	MILD	57%	10.4	4.5

USING ORAL APPLIANCE CRITERIA

👍 TAP	HOEKEMA2007B	SEVERE	90%	50	5.2
👍 TAP	HOEKEMA2008B	SEVERE	80%	39.4	7.8
👍 TAP	GHAZAL 2009	MODERATE	64%	22.2	7.9
HERBST	BLOCH 2000	MODERATE	62%	22.6	8.7
HERBST	GHAZAL 2009	MODERATE	61%	21.4	8.4
SILENCER	ROSE 2002	MODERATE	54%	16	7.4

FAILURES

SILENCER	FERGUSON 1997	MODERATE	44%	25.3	14.2
KLEARWAY	GAUTHIER 2009	MILD	35%	10	6.5
HERBST	LAWTON 2005	SEVERE	50%	47	23.5
SOMNOMED	DEANE 2009	MODERATE	56%	27	12
SOMNOMED	NAISMITH 2005	MODERATE	55%	26.9	12.2
SOMNOMED	PHILLIPS 2013	MODERATE	57%	25.6	11.1
SOMNOMED	SUTHERLAND 2011	MODERATE	55%	26.9	12

TAP vs. CPAP

TAP SUCCESSFULLY REDUCES AHI AS EFFECTIVELY AS CPAP

87%

decrease for severe sleep apnea

84%

decrease for moderate sleep apnea

TAP vs. ORAL APPLIANCES

IN SEVERE CASES, TAP IS THE ONLY ORAL APPLIANCE TO SUCCESSFULLY REDUCE AHI

90%

decrease for severe sleep apnea

IN MODERATE CASES, ONLY 3 DEVICES ARE CONSIDERED SUCCESSFUL, AND TAP OUTPERFORMS ALL OF THEM

WHAT MAKES TAP UNIQUE?

TAP IS THE ONLY DEVICE WITH A SINGLE POINT OF CENTRAL ADJUSTMENT OFFERING THE FOLLOWING BENEFITS:

1.

Patients can easily adjust TAP while wearing it

2.

TAP can move the lower jaw farther forward than any other device

3.

TAP prevents irregular bite and jaw discomfort

WHAT MAKES TAP EVEN BETTER?

Introducing **dreamTAP**: The most effective, patient-friendly TAP appliance yet

Nickel-free, 100% allergen-free metal

More tongue space for greater comfort

Custom-formed soft liners for superior retention

Cobalt-chromium hardware

Rust- and corrosion-resistant

Stronger than surgical stainless steel



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