

# For better rest

THE STAR 14/3/17 m/s 3



SNORING is the noise made during sleep, when the sleeper forces air past any obstruction in the upper respiratory tract, causing the soft tissue there to vibrate. Statistics show that 45% of adults snore occasionally while 25% are habitual snorers.

According to a study by the British Snoring and Sleep Apnoea Association, partners of snorers are kept awake for two hours each night, losing some two years of sleep over the average course of a marriage.

Snoring is a sign that there is disruption in breathing. It can lead to sleep apnoea, a disorder that causes people to stop breathing for 10 to 30 seconds at a time while they are sleeping. Quite often, it is the partner who recognises the symptoms.

Yap Ming Tian was well aware that he was a snorer, but last year, it worsened. He was then diagnosed with sleep apnoea.

Apnoea is potentially life-threatening as it raises blood pressure and reduces the flow of oxygen to the brain. At worst, it could lead to stroke, heart attack and even death.

Sufferers have been known to experience impaired mental abilities, negative emotions, poorer work performance, memory problems, weight gain, impotence and headaches.

There are many ways to treat the condition, such as by using herbal tonics and sprays, drugs or mandibular advancement

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Somnoguard, the mandibular device is among the ways to treat sleep apnoea.

sleep laboratory have shown that snoring in 80% of patients either improved or significantly improved with the use of this oral device. The rate of dangerous nocturnal breathing arrests was reduced by up to 60%.

When Yap first tried the device, he starting sleeping more soundly than he used to. Approved by European health authorities and the United States Food and Drug Administration (USFDA), the device is convenient and can be stored easily when travelling.

For more information, visit [www.getupfresh.com](http://www.getupfresh.com) or call 03-7954 3622.

fit and bite.

Developed in Germany by medical enterprise Tomed Dr Toussaint GmbH in cooperation with University Medical Centre Mannheim, the device serves to shift the lower jaw forward during sleep. This allows the respiratory tract to open up further.

The expansion of the lower jaw up to 10mm with 0.5mm accuracy is made with the adjustment of a screw on the device. Clinical examinations in the Mannheim

Yap uses the Somnoguard to overcome his snoring problem.

devices. Conventional methods use nasal continuous positive airflow pressure devices. Some doctors may even recommend surgery.

Upon recommendation of a mandibular device called the Somnoguard, a device made from flexible material and resembles dentures, Yap gave it a try.

Fitting of the Somnoguard involves boiling the mouldable thermoplastic, cooling it and inserting it into the mouth for the correct