

# The Solution

## The Panthera D-SAD

The Panthera D-SAD is an effective treatment for snoring and obstructive sleep apnea.

Custom-made by computer, this device holds the lower jaw in a forward position and can be worn every night in total comfort. The respiratory track diameter is thus increased, which facilitates airflow and eliminates the primary source of the snoring problem. The advancement of the jaw also prevents the obstruction responsible for sleep apnea.



- ELIMINATES** • Snoring (95% efficiency)
- IMPROVES** • Sleep and quality of life  
• Level of energy upon waking  
• Couple relationship
- PREVENTS** • Worsening of snoring  
• Disease development
- PROTECTS** • Spouse's sleep and quality of life

# The Panthera D-SAD

## Digital-Sleep Apnea Device

Custom-Made by Computer

*Efficient & Comfortable*  
*Small & Light*  
*Flexible & Resistant*

## Breathe Quietly

The Panthera Anti-Snoring Device is recommended for:

- Snoring
- Mild and moderate sleep apnea
- Severe sleep apnea is refused CPAP
- Alternatively with CPAP (practical when traveling)

Ref.: Fleetham et al., (2006). Canadian Thoracic Society Guidelines

Consult your dental practitioner



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# Are You Tired of Snoring?



## The Solution!



The D-SAD: The Oral Appliance to Treat Snoring and Sleep Apnea.

## Instant Results!



**PANTHERA**  
DENTAL



# Snoring at Night

## Respiratory Efforts

- Between ages of 33 and 69<sup>(1)</sup>
  - 69% of men snore
  - 46% of women snore
- 54% of couples are affected<sup>(2)</sup>
- 26% sleep in separate rooms

### What about You?

- Do you snore every night? .....  Y  N
- Are your friends and family bothered by your snoring? .....  Y  N
- Do you have breathing pauses at night? .....  Y  N
- Do you frequently suffer from headaches? .....  Y  N
- Do you wake up tired even after getting a full night's sleep? .....  Y  N
- Do you feel tired during the day? .....  Y  N
- Do you easily fall asleep at the movie theater or in front of the TV? .....  Y  N
- Do you tend to fall asleep while traveling? .....  Y  N
- Do you suffer from high blood pressure? .....  Y  N

Ref.: (1) N. Meslier et al.; (2) Norton et al., (1985).

# Falling Asleep During the Day

## Daytime Sleepiness

Snoring is a sound caused by the vibration of the soft tissues of the throat (uvula, soft palate, pharyngeal wall). Because the path of airflow is too narrow, the snorer must make efforts to allow air circulation, and that is why the sound is produced.

In most cases, snoring gets worse with time, age, and weight gain.



### Preventing by Taking Action

Often, daytime sleepiness is the first consequence of severe snoring. This is a tendency to fall asleep in the absence of any stimulus; for example, when watching television. The resulting diminished alertness **increases the risk of car accidents by 7 times** and the risk of work accidents.

# Disturbing Sleep

## Health Risks

Consequences of snoring for the bed partner:

- Sleep schedule adjustments (going to bed earlier)
- Loss of around 1 hour of sleep per night
- Decreased quality of life
- Tiredness

Consequences on personal, family and professional lives may become very serious and affect quality of life.

#### Short Term

- Tiredness upon waking
- Sleepiness
- Lack of energy
- Bad mood
- Anxiety
- Irritability
- Sexual issues

#### Medium and Long Term

- High blood pressure
- Stroke
- Cerebrovascular accident (CVA)
- Diabetes
- Cardiovascular problems
- Depression
- Glaucoma
- Hearing problems

#### Social Aspects

- Road accidents
- Decreased efficiency at work
- Work accidents
- Family and relationship difficulties