

**TAP**<sup>®</sup> into  
a quiet night's sleep...

**dreamTAP**<sup>™</sup>



We are proud  
to offer our  
patients **TAP**<sup>®</sup>  
Sleep Care.



**dreamTAP**<sup>™</sup>  
The oral appliance  
solution for snoring  
and sleep apnea

With the dreamTAP<sup>™</sup>, the goal is to prevent snoring and sleep apnea, thereby improving health and quality of life.

The dreamTAP is a custom, adjustable oral appliance that is worn while sleeping. The appliance holds the lower jaw forward, preventing the tongue and soft tissue of the throat from collapsing into the airway.

Whether for you or someone you know, dreamTAP is the key to better sleep and better health.

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*Although snoring seems physically harmless, it can be a red flag for a much more serious, and sometimes fatal, condition called obstructive sleep apnea.*

### **A Unique Approach**

The Thornton Adjustable Positioner® (TAP) is based on the same principle as cardiopulmonary resuscitation, or CPR. The airway must be opened to allow air to pass through the throat. A constricted or collapsed airway causes snoring or sleep apnea.

The dreamTAP™ holds the lower jaw in a forward position so that it does not fall open during the night and cause the airway to collapse. The dreamTAP maintains a clear airway to reduce snoring and improve breathing.

- **Comfortable and patient-friendly**
- **Custom-made to prevent any change in tooth position or mouth structures**
- **Patient-adjustable to allow for maximum comfort and effectiveness**

### **Snoring Defined**

When the jaw opens and the tongue falls into the back of the throat, the airway narrows, forcing air through the small opening. This creates vibrations in the throat known as snoring.



### **Sleep Apnea**

Obstructive sleep apnea occurs when the airway completely collapses, blocking airflow into the lungs. The harder a person tries to breathe, the tighter the airway seals. This airway obstruction persists until the brain partially awakens the person. Unconsciously, he/she will close the jaw, returning the tongue and throat to a normal position.

The sleep apnea cycle — falling asleep, jaw relaxing, airway collapsing, unconsciously awakening with a gasp, falling back asleep — can repeat itself 50 or more times per hour during the night. A person who has a blocked air passage also does not receive enough oxygen. Both the awakenings and oxygen deprivation can then trigger other health problems.

### **Free at Last and Quiet, Too!**

For those who snore or have sleep apnea, there is a solution: the dreamTAP, an oral appliance that is similar to an athletic mouthguard and is worn while sleeping. Developed with advanced dental technology, the dreamTAP reduces sleep apnea-associated health risks without the need for surgery, medications or other more cumbersome therapy.

### **Sleep Apnea Can Cause:**

- **Chronic sleepiness**
- **Morning headaches**
- **Strokes**
- **Depression**
- **Heart attacks**
- **High blood pressure**
- **Heartburn**
- **Impotence**



Normal jaw position, airway open.



Relaxed jaw position causes tongue and throat tissue to collapse and narrows the airway.



The dreamTAP maintains forward jaw position and keeps the airway open.