



Am I at risk?

Not all snorers have OSA but virtually everyone with OSA snores. OSA can lead to disturbed sleep and compromised nighttime blood oxygenation. OSA may cause excessive daytime sleepiness, reduce your quality of life and adversely influence your long-term health.

In order to engage in a productive discussion with your doctor, complete the following questionnaire and discuss the results with them.

Please ask your bed partner to help you answer as accurately as possible. Answer all the questions below.

Have you noticed or has your bed partner witnessed any episodes of gasping or choking during your sleep?
 Yes No

Has your bed partner witnessed you stop breathing?
 Yes No

Do you prefer to sleep sitting upright?
 Yes No

Do you wake frequently to use the bathroom?
 Yes No

Do you snore when you sleep on your side?
 Yes No

Do you snore in all sleep positions?
 Yes No

Have you had a recent increase in weight?
 Yes No

What is your height? _____ ft/in _____ m

What is your weight? _____ lb _____ kg

What is your neck circumference?

Collar size _____ in _____ cm

Adapted from Stradling, J. & Dookun, R. (2009), *British Dental Journal*, Vol. 206 No. 6 pp 307-312

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Narval CC MRD



Learn more at ResMed.com/Narval.

Your physician or clinician will prescribe the treatment that is right for you after you complete a brief sleep study. Sleep studies can be done at home or in a sleep lab. Your dentist or doctor can refer you for a sleep study.



- 1 Young et al. *Am J Respir Crit Care Med* 2002
- 2 Redline et al. *Am J Respir Crit Care Med* 2000
- 3 Redline. Personal communication to Dr. Peter Farrell 2011
- 4 The phrase "custom-made" does not apply in Canada
- 5 Dookun R. 18 month assessment of 54 patients referred for treatment of anti-social snoring [AHI \leq 30/hr] with a custom mandibular repositioning device (MRD)
- 6 Vecchierini et al. *Sleep Med* 2008

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Tired of being tired?



Narval™ CC MRD

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Sleepiness and snoring are possible symptoms of sleep apnea.

Did you know that one in every four adults has some form of sleep disordered-breathing (SDB)?¹⁻³

Common symptoms include excessive daytime sleepiness, poor concentration, snoring and depression.

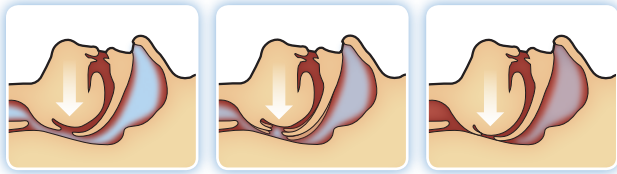
Could this be you?

During sleep, the upper airway muscles relax and the airway can become obstructed, often heard as snoring. Sleep apnea and snoring often occur together, causing your airway to:

Narrow, limiting airflow as you breathe

Vibrate, commonly heard as snoring

Collapse, so you briefly stop breathing



A complete collapse of the airway is called obstructive sleep apnea (OSA). It is the most common type of SDB, and each obstructive event may last for 10 seconds or longer.

Why get treated?

Apneas disrupt sleep patterns and prevent you from getting deep, refreshing sleep. Sleep apnea can also lead to:

- Cardiovascular diseases
- Accidents while driving and at work
- Poor physical and cognitive performance
- Daytime sleepiness
- Weight gain

What are the treatment options?

- Lifestyle changes
- Oral appliance therapy using a mandibular repositioning device (MRD)
- Continuous positive airway pressure (CPAP) therapy
- Surgical procedure

Ask your dentist today about Narval™ CC



Narval CC is one of the most comfortable oral appliances designed to treat sleep apnea.

This custom-made device⁴ puts your personal comfort first. It is crafted from a lightweight, flexible and metal-free material and gives you the freedom to talk and drink, unlike any other appliance.

This is a solution so comfortable, you'll never want to go a night without it. Get easygoing sleep therapy—night after night—with Narval CC.

***"100% different.
It's very light, comfortable ...
very comfortable, no bulk ...
Very simple to use."***

Lilly—Narval CC patient at fitting after using an alternative device

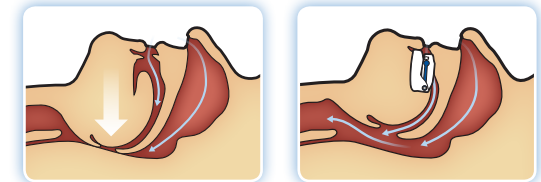
- One of the smallest oral appliances available, making it extremely comfortable to wear and easier to sleep with
- Device flexibility offers you the freedom to talk and drink
- Does not enclose your front teeth, providing greater comfort and reducing post-wear sensitivity

How does it work?

Narval CC simply holds your jaw in a forward position. This expands the space behind your tongue to reduce airway collapse and help prevent obstruction and snoring. Worn nightly, Narval CC significantly reduces sleep apnea symptoms and improves quality of life.⁵

Without MRD
Pharynx is collapsed;
airflow is blocked

With MRD
Pharynx is open;
air flows freely



80% of patients wear the Narval CC device 7 nights per week by 6 weeks into the treatment.⁶