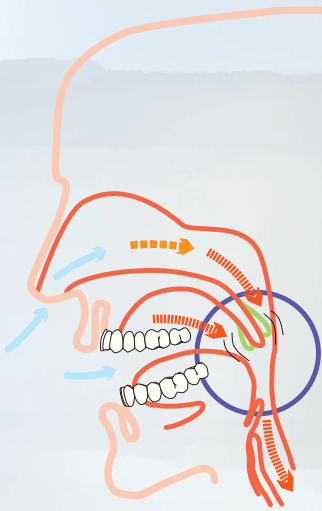


# Info: Silensor-sl, anti-snoring device



**Snoring** is generated in the area of the upper respiratory system. Caused by acceleration of the air flow when the respiratory tract is cramped (pharynx) parts of the soft tissue start to vibrate and cause the snoring noise.

**The apnea** is a total respiratory stop. The obstructive apnea is a mechanical relocation of the respiratory tract. In case of a central apnea the central respiratory reflex fails. The hypopnea is a reduction of the air flow of more than 50 % .

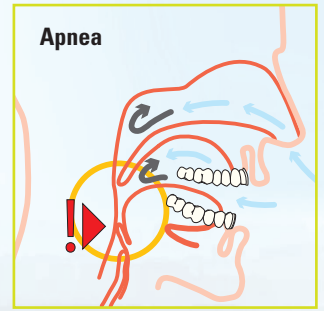
The apnea / hypopnea index, AHI is the degree for the severity of the disease. An apnea / hypopnea lasts at least 10 sec.

To determine the index the number of apneas is divided by the hours of sleep. An index of 0 to 5 is normal, an index of 5 to 10 is a matter of a light, 10 to 20 of a middle and more than 20 of a severe disease.

An obstructive apnea is characterized by an interruption of the very noisy rhonchopathy.

Snoring and the obstructive sleep apnea are a mechanical process that can be counteracted mechanically. Here the dental therapy comes into action.

Many studies have shown the effectiveness of mandibular advancement splints, including the very comfortable **Silensor-sl**. The expansion of the pharyngeal area reduces its tendency to collapse and the AHI by up to 50%. The also slowed down airflow reduces snoring by up to 80 %.



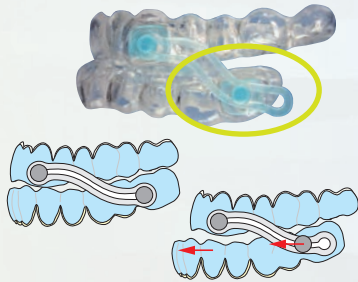
## The Silensor-sl is a mandibular advancement splint (MAS)

- adjustable advancement
- highly comfortable
- effective improvement of the symptoms
- metal-free construction

### 5 further important features:

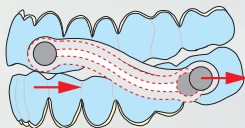
5

In the molar area of the lower the connector is clicking in weakly. In case of sudden propulsion movements during sleep the anchor can slide into the connector (fig.).

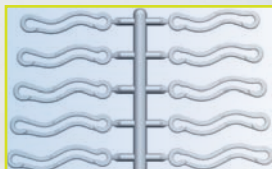


This avoids compressing and overloading the connectors.

A light flexing (fig.) of the double-S shaped connectors improves the wearing comfort and reduces load in the connecting area of all parts.



In case of a needed different position of the lower, the connectors can be changed very easily. 5 different sizes are provided (fig.).



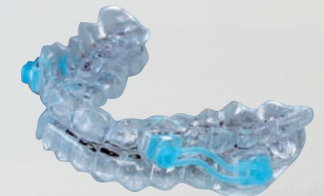
1

The upper splint of the Silensor-sl can be made from the very comfortable double layer material Erkoloc-pro/-*blu* 3.0 mm (fig.) or from Erkodur 2.0 mm, transparent or in tooth colour.



2

The lower splint of the Silensor-sl has to stay firmly in place, only if enough retention is available the lower splint can be made from the double layer material Erkoloc-pro/-*blu* 3.0 mm. Otherwise from Erkodur 2.0 mm, transparent (fig.) or in tooth colour.

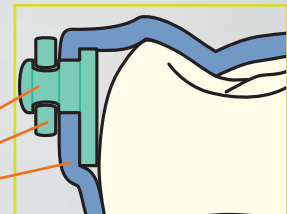


4

3

In the canine area of the upper the connector is clicking in firmly. The connecting area is only out of 3 parts:

anchor  
connector  
splint



The connectors are easily exchangeable. Hang the connector with its long slot into the anchor and pull it into the end position (fig.).

