

# myTAP<sup>®</sup> Research



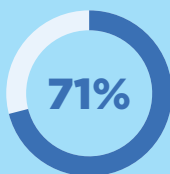
Device	Median AHI before	Median AHI after
custom TAP	16.3 (7.7, 24.8)	10.7 (5.6, 16.6)
myTAP	16.3 (7.7, 24.8)	<b>7.8</b> (2.9, 16.1)

## Custom TAP<sup>®</sup> Effectiveness

A 2022 ACTA study proved the efficacy of both noncustom and custom MADs is similar, indicating that a noncustom MAD could serve as a tool for selecting individuals eligible for MAD treatment, thereby enhancing the overall outcome of MAD treatment.

## Mouth Shield Benefits

A 2021 A&M pilot study showed myTAP with Mouth Shield outperformed myTAP alone.



myTAP improved cognition (MoCA scores) in 71% of those with mild cognitive impairment and half of those with Alzheimer's disease, and decreased snoring in all study groups.

## Proven Diagnostic Tool

In a 2021 study comparing myTAP to custom SomnoMed Flex, results showed that myTAP identifies responders to OA treatment, further proving myTAP as effective as the custom oral appliance.

Device	AHI before	AHI after
custom SomnoMed Flex	23.90 ± 9.19	11.46 ± 9.65
myTAP	29.9 ± 19.97	<b>9.59 ±</b> <b>8.94</b>



myTAP significantly reduced AHI in severe OSA cases.

For more information, please visit  
[tapintosleep.com](https://tapintosleep.com)

## Interim OA as Screening Tool in DISE

In a 2023 study, the use of a myTAP during drug-induced sleep endoscopy (DISE) proved to be a valuable screening tool to predict MAD treatment outcomes.



## How myTAP Works



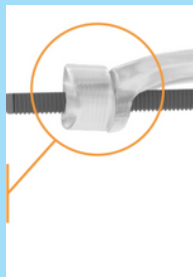
### FIT IN 15 MINUTES

Precision-fit through boil-and-bite molding



### REMOLDABLE TRAYS

Fit as many times as needed to achieve the perfect fit



### SINGLE POINT ADJUSTMENT

22mm range of advancement

## Citations

Bosschieter PFN, Uniken Venema JAM, Vonk PE, Ravesloot MJL, Hoekema A, Plooi JM, Lobbezoo F, Vries N. Equal effect of a non-custom versus custom mandibular advancement device in treatment of obstructive sleep apnea. *J Clinical Sleep Med*. 2022 May. <https://doi.org/10.5664/jcsm.10058>.

Schramm, P.; Das, N.; Schneiderman, E.; German, Z.; Hui, J.; Wilson, D.; Spencer, J.; Moura, P.; Chapman, S.B. Snoring Remediation with Oral Appliance Therapy Potentially Reverses Cognitive Impairment: An Intervention Controlled Pilot Study. *Geriatrics* 2021, 6, 107.

Segù M, Così A, Santagostini A, Scribante A. Efficacy of a Trial Oral Appliance in OSAS Management: A New Protocol to Recognize Responder/Nonresponder Patients. *In: Int J Dent*. 2021 Jun 17;2021:8811700. doi: 10.1155/2021/8811700. PMID: 34221017; PMCID: PMC8225417.

Bosschieter PFN, Uniken Venema JAM, Vonk PE, Ravesloot MJL, Vanhommerig JW, Hoekema A, Plooi JM, Lobbezoo F, de Vries N. An interim oral appliance as a screening tool during drug-induced sleep endoscopy to predict treatment success with a mandibular advancement device for obstructive sleep apnea. *Sleep Breath*. 2023 Jun;27(3):983-989. doi: 10.1007/s11325-022-02689-w. Epub 2022 Aug 9. PMID: 35941318; PMCID: PMC9360646.

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## WHY TAP?

TAP Sleep Care is a comprehensive patient-centric approach backed by 30 years of research and innovation to treat sleep-disordered breathing. Don't just take our word for it: TAP has more independent peer-reviewed studies published than any other oral appliance on the market with best patient outcomes.

### FACTS TO SLEEP ON.

*The CDC has declared insufficient sleep an American public health epidemic.*

*Sleep-Disordered Breathing (SDB) is the most prevalent, under-diagnosed health issue in the U.S.*

*According to the American Academy of Sleep Medicine, oral device therapy is the first line of treatment for snoring and mild to moderate sleep apnea.*

*Consumers spend \$32 billion annually on over-the-counter sleep aids.*

*Nearly half of all adults snore.*

## WAKE UP AND TAKE SNORING SERIOUSLY.

Yes, snoring can be a disruption in the bedroom, and fixing it can do the work of a dozen marriage counselors. But modern sleep care recognizes there's a lot more to snoring that could keep you up at night.

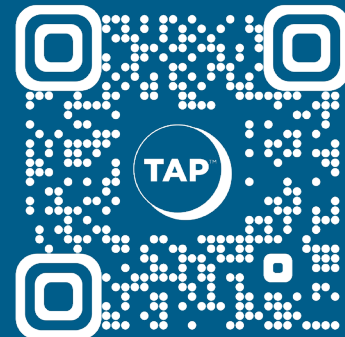
Sleep-related problems such as GERD (heartburn/acid reflux) and bruxism (teeth grinding) may be signs of more serious health risks including stroke, heart disease, arrhythmias and esophageal cancer. Plus, there are proven links between lack of sleep and a host of problematic symptoms including chronic sleepiness, depression, impotence, memory loss, morning headaches, hypertension and weight gain.

### SNORING VS. OBSTRUCTIVE SLEEP APNEA

Varying degrees of snoring and obstructive sleep apnea (OSA) form a spectrum of sleep-disordered breathing. Snoring occurs when the jaw opens and the tongue falls into the back of the throat, causing the airway to narrow and forcing air through the smaller opening, thereby creating sound vibrations. Snoring can be a primary indicator of OSA, a serious chronic disease.

OSA occurs when the muscles and tissue surrounding the throat relax, causing the airway to completely collapse. Airflow to the lungs is blocked, cutting off the oxygen supply to the brain and putting extra stress on the entire body, especially the heart. The obstruction persists until the brain partially awakens the person, who falls back asleep and the cycle repeats, resulting in a chronic lack of sleep.

*TAP Sleep Care from Airway Management effectively treats the full spectrum of sleep-disordered breathing. It offers you a holistic, more intelligent approach to your well-being that can dramatically improve your quality of life, starting immediately with myTAP®, a precision-fit trial device that you can receive on your initial visit.*



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MKT120 Rev. C

# TAKE IT DOWN A NOTCH IN THE BEDROOM. PUT AN END TO LOUD SNORING WITH MYTAP

AM AIRWAY  
MANAGEMENT

TAP SLEEP CARE  
tapintosleep.com



## TAP SYSTEM™

From predictor appliance to custom solutions, the TAP System is a range of advanced devices covering the full spectrum of sleep-disordered breathing.

### myTAP

Snoring to obstructive sleep apnea



- Predictor appliance
- Low-cost, precision-fit
- Immediate treatment
- Easy patient adjustment while in the mouth

### customTAP

Snoring to obstructive sleep apnea



- Custom fit
- Made in dental lab
- Durable
- Easy patient adjustment while in the mouth
- Medicare/insurance code (E0486)

### myTAP PAP

Mild to severe obstructive sleep apnea



- Strapless CPAP mask
- Ultra-quiet
- Leak free
- Medicare/insurance code (A7034 or A7035)

### customTAP PAP

Mild to severe obstructive sleep apnea



- Hybrid therapy combining custom TAP with CPAP
- Allows for lower levels of air pressure through nasal pillows
- Ideal solution for patients not fully treated by CPAP or oral appliance solutions alone

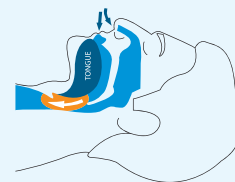
## AN INTRODUCTION TO MODERN SLEEP CARE.

So, what is TAP®? The Thornton Adjustable Positioner, or TAP, is a patented mandibular (lower jaw) advancement device specifically engineered for keeping your airway open during sleep. What makes the TAP so innovative is its single, midline tension mechanism.

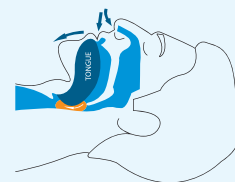
This technology allows you to advance your lower jaw with greater range than any other device. It also makes it incredibly comfortable and easy to adjust while it's in your mouth. TAP Sleep Care lets you take ownership of your therapy by achieving optimal results on a gradual, night-by-night basis.

You don't have to just take our word for it – TAP has shown in numerous independent peer-reviewed studies to be superior and more effective than any other appliance on the market. In fact, it's the only device proven to be equivalent to CPAP<sup>1</sup>.

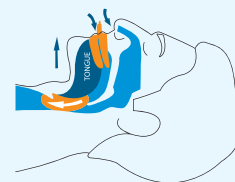
1. A. Hoekema, B. Stegenga, P.J. Wijkstra, J.H. van der Hoeven, A.F. Meinesz, L.G.M de Bont. Obstructive Sleep Apnea Therapy. Hoekema Research Report J Dents Res 87(9):882-887, 2008



**FIGURE 1**  
Normal jaw position



**FIGURE 2**  
Relaxed jaw position, tongue and throat tissue collapse, restricting breathing



**FIGURE 3**  
TAP maintains a forward jaw position and an open airway

## MYTAP®

### IMMEDIATE RESULTS

*myTAP can be fit in as little as 15 minutes, allowing you same-day treatment and immediate relief.*



### PRECISION-FIT

*The accurate molding capabilities and sleek Precision-Fit® trays allow the myTAP to create a comfortable, low-profile fit. Because they can be reheated and refit, the myTAP can be adjusted immediately for maximum comfort.*



### PROVEN TECHNOLOGY

*Research shows myTAP is as effective at treating sleep apnea as customTAP<sup>2</sup> - the most effective oral appliance on the market with over 45 independent peer-reviewed studies.*

2. \*Bosschieter PFN, Uniken Venema JAM, Vonk PE, et al. Equal effect of a noncustom vs a custom mandibular advancement device in treatment of obstructive sleep apnea. J Clin Sleep Med. 2022;18(9):2155-2165.

## IMPROVE TREATMENT OUTCOMES BY NASAL BREATHING.

Due to airflow through the mouth, some patients experience dry mouth leading to mild discomfort when using an oral appliance. Recent publications show nasal breathing as the proper way to breathe. Research proved that using an oral appliance with a **Mouth Shield** can improve treatment outcomes<sup>3</sup>.

- Promotes nasal breathing
- Prevent dry mouth and excess saliva
- Provides better treatment outcomes
- Increases comfort
- Available with every TAP device

3. Schramm,P.;Das,N.; Schneiderman, E.; German, Z.; Hui, J.; Wilson, D.; Spencer, J.; Moura, P.; Chapman, S.B. Snoring Remediation with Oral Appliance Therapy Potentially Reverses Cognitive Impairment: An Intervention Controlled Pilot Study. Geriatrics 2021, 6,107.

## PREVENT BITE CHANGE.

The **AM Aligner**, included with every TAP device, is designed to counteract the forces that represent the most significant side effect of an oral device used for the treatment of obstructive sleep apnea, snoring and other sleep disordered breathing.

- **How It Works:** The AM Aligner is a unique thermoplastic material that takes a registration of the patient's normal bite before treatment.
- **How to Fit:** Use the provided instructions or our online fitting video to fit the AM Aligner in less than 15 minutes.
- **Daily Use:** Use for 5-10 minutes each morning after use of an oral appliance to exercise the jaw back to its usual position.