

Now
available

This treatment is
finally here for you.

Your guide to sleep devices for snoring and sleep apnoea



Recommended by the **NHS**
as an effective treatment for snoring
and sleep apnoea



Your guide to snoring and sleep apnoea

Disease

Severe Obstructive Sleep Apnoea

Moderate Obstructive Sleep Apnoea

Mild Obstructive Sleep Apnoea

Heavy, Chronic Snoring

Occasional Snoring

Normal Breathing

No disease

Sleep apnoea and snoring are both part of a group of disorders that affect breathing patterns during sleep. They can have an impact on your long term health.

Snoring

Snoring affects about 40% of the population, and is caused by partial airway obstruction. This leads to vibrations in the airways, and produces the classic snoring sound.

Sleep Apnoea

Obstructive sleep apnoea involves episodes of partial or full obstruction of the airway during sleep.



Managing snoring and sleep apnoea may involve various doctors including your dentist. Your dentist can prescribe a sleep device and refer you to a specialist if further screening for sleep apnoea is needed.

How do I know if I have a problem?

If you've been struggling with snoring or sleep apnoea for a while, it's easy to forget what life was like before. Answering 'yes' to any of the following questions suggests that you have a problem, that could benefit from treatment.

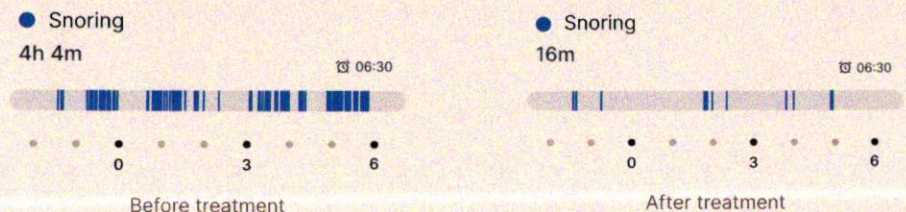
- Does your snoring wake up your partner and disrupt their sleep?
- Do you sleep in a different bed from your partner?
- Do you wake up feeling groggy and poorly rested?
- Do you wake up with headaches?
- Do you feel tired during the day and have difficulty concentrating?

Find out for yourself

Record your snoring to find out what's **really** happening overnight. We recommend the free app SnoreLabs, but there are lots of great options available.

What do the results mean?

Jodie's results before treatment show a typical pattern of disruptive snoring throughout the night. This was effectively treated with a custom made sleep device as seen in her results after treatment.



Snoring and sleep apnoea impact your health.

Taking action protects your health, the health of those around you and improves quality of life.

Sleep quality

Snoring and sleep apnoea disrupt quality of sleep for you and your partner. Poor sleep quality is associated with:

- 📺 Low mood and energy levels
- ⬆️ Increased risk of obesity and diabetes
- 🔄 Difficulty concentrating
- 📉 Increased risk of high cholesterol
- 🧠 Poor memory
- ❤️ Increased risk of high blood pressure

Staying healthy

Untreated sleep apnoea can increase the risk of cardiovascular problems such as high blood pressure, heart disease, and stroke. Sleep disturbances have been linked to an increased risk of developing type 2 diabetes. Treating the root cause of snoring and sleep apnoea works to mitigate these risks and improve overall health.

🏥 NHS-recommended

Our treatment is comfortable, effective and easy

The benefits of treatment

Stop snoring

Opening your airway during sleep treats the root cause behind snoring and sleep apnoea. Protect your partner's sleep and give them the gift of peaceful rest.



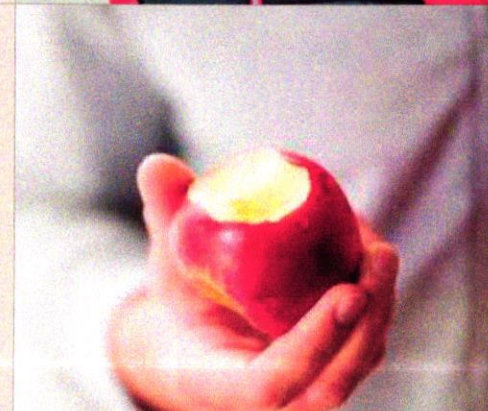
More energy

Better airflow, increased oxygenation and fewer night-time interruptions means higher quality sleep and more daytime energy for you and those around you.



Improved health

Effectively treating snoring and sleep apnoea positively impacts your long term health.



Sleep devices

A comfortable, effective treatment for snoring and sleep apnoea

Prescription only

A prescription treatment only available through your dentist in collaboration with a specialist sleep team of doctors and sleep experts.

Recommended by the **NHS**

Clinically proven as an effective treatment for snoring and sleep apnoea.

Comfortable

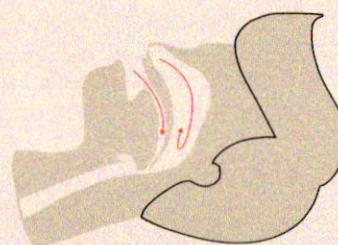
Custom-made for maximum comfort and effectiveness.

How do they work?

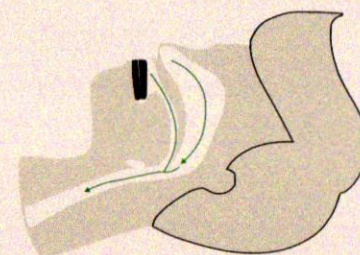
Custom-made sleep devices are specifically designed to treat sleep apnoea and snoring by targeting the root cause.

They gently hold the lower jaw forward to effectively open up the airway during sleep.

Simply wear the device overnight to prevent the interruptions in breathing that cause snoring and sleep apnoea.



Before treatment



After treatment

Why my dentist?

The NHS recommends custom-made sleep devices for treating snoring and sleep apnoea due to their effectiveness. Only available by prescription, they must be obtained through a dentist working with a specialist sleep team for health monitoring.

100%

of patients preferred a custom-made device over boil-and-bite.*

*Johal et al (2017) & Johal and Agha (2018)

Alternative options to a custom made sleep device

Nasal strips

Nasal strips help to widen your nasal passages and make it easier to breathe through your nose. They do not address the root cause of snoring and sleep apnoea, which is the narrowing of the airway at the back of the throat.

Mouth tape

Mouth tape promotes nasal breathing overnight, which can be useful, but have limited impact on snoring. This is because they do not help to directly open the airway at the back of the throat.

Over the counter devices (boil and bite)

Every mouth is different and a one-size-fits-all approach mean these devices are uncomfortable, poor fitting and less effective than a prescription made device.

CPAP

CPAP is an effective treatment for patients with a diagnosis of sleep apnoea. It requires investigation and prescription by a sleep physician.

	Custom made sleep device	Over the counter devices	Nasal strips and mouth tape
Targets the root cause	✓	(✓)	
Clinically proven	✓		
Recommended by the NHS	✓		
Non-invasive	✓	✓	✓
Custom made	✓		



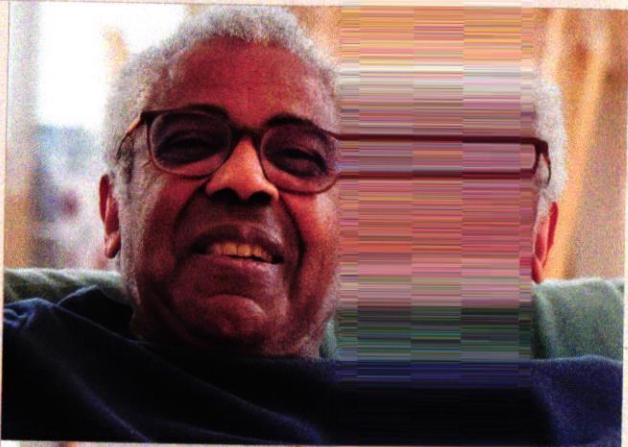
85% of patients report
a significant reduction in
in just 6 weeks

What do patients say?

Life changing

My dentist changed my life with this device in just weeks. I've stopped snoring, no longer disturb my wife, wake up refreshed, and feel like myself again.

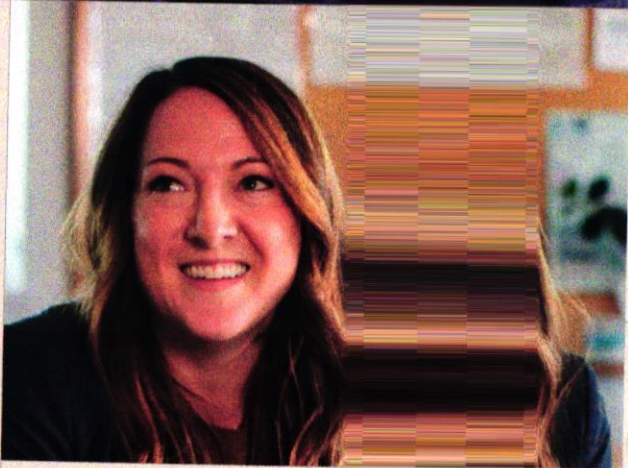
— Micahel W, Happy Patient



Feeling energised

"I couldn't handle CPAP and felt exhausted daily. Wearing my sleep device showed me how bad it was—and how much better I feel now!"

— Sally G, Happy Patient



Clinically proven to cause a reduction in both the intensity and frequency of snoring

Before

● Snoring
4h4m

After

● Snoring 
16m

What to expect from treatment? A significant improvement in symptoms within just 6 weeks.

Sleep devices are a popular, effective, and non-invasive solution for snoring and sleep apnoea.




Custom Comfort: The device fits like a mouth guard, making it comfortable to wear nightly.

Non-Invasive: Unlike surgery or CPAP machines, it's non-invasive.

Quiet and Discreet: Small, silent, and easy to travel with.



The treatment process

-  Free virtual assessment to check treatment suitability.
-  Visit your dentist for a 3D scan to create a custom device.
-  Start wearing the device nightly and see results in 6 weeks.

85%

of patients experience a reduction in disrupted breathing*

*Barnes et al (2003) - reduction in apnoeic events

**Treatment
from less than
£1 a night.**



How do I get started?



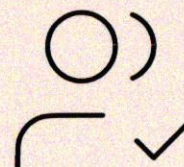
Book your free
assessment

Book your free, virtual medical assessment

The medical assessment is free and held virtually. A member of the team will call you to book an appointment.

Complete your sleep questionnaire

Tell us more about your symptoms and current situation by completing the sleep questionnaire ahead of your medical assessment.



Attend your virtual medical assessment

Run by clinicians, it will cover a comprehensive review of your symptoms, suitability for treatment and discussion of treatment options.

Your questions

Q. Can I be treated?

Sleep devices suit most people. After an assessment, your dentist will determine the best device for you based on factors like tooth size and shape.

Q. How much does it cost?

On average treatment costs less than £1/night. Your dentist will talk you through exact figures for the devices that are suitable for you.

Q. Do I need a sleep study?

No, a sleep study isn't needed to start treatment. During your medical assessment, the clinical team will review your case and recommend any necessary referrals, including a sleep study.

Q. How long do the devices last for?

This varies between devices, but they are made to last and most have a lifespan of 3 or more years before needing replacement.

I use CPAP, is this for me?

A sleep device is a valuable addition to your sleep apnoea toolkit.

Sleep Devices and CPAP

If you use CPAP, continue until consulting your sleep physician. You may still benefit from a sleep device in different ways.

Option 1: More convenient travelling

A sleep device is ideal for travel: for holidays, flights, or short stays, when bringing your CPAP machine isn't practical. It allows you stay effectively covered while away from home.

Option 2: Combination use to reduce side effects

A sleep device can support your CPAP. When used together they can reduce the required pressure on your CPAP machine. This can help to reduce side effects of CPAP treatment.



I don't use CPAP anymore

A sleep device is recommended by the NHS as a treatment for sleep apnoea. If you've tried CPAP and found it's not for you then a sleep device is the only other recommended option to effectively treat OSA.

Kick snoring out of your
bedroom.

Reclaim high-quality
sleep for improved health
and more daytime
energy.

32Co

"I've been treating with Sleep
Devices for over 20 years, and I'm
so excited that this **life-changing
treatment** is now available to more
patients through collaboration
between dentists and doctors."



32Co Clinical Lead
Professor Ama Johal