

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



**TAP**<sup>®</sup> 3 Elite



The goal of the TAP<sup>®</sup> 3 Elite is to prevent snoring and sleep apnea, thereby improving health and quality of life.

The TAP 3 Elite 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.

There is a 96 percent success rate for people treated with the TAP 3 Elite.

Whether for you or someone you know, the TAP 3 Elite is the key to better sleep and better health.

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

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**TAP**<sup>®</sup> 3 Elite

The oral appliance solution  
for snoring and sleep apnea

*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 TAP® 3 Elite 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 TAP 3 Elite maintains a clear airway to reduce snoring and improve breathing.

- *Comfortable and patient-friendly*
- *Custom-made to prevent any change in teeth 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 one 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. With a blocked air passage, one does not receive enough oxygen. Both the awakenings and oxygen deprivation can then trigger other health problems.

### ■ Free at Last and Quiet Too!

There is a new solution available to those who snore or have sleep apnea - the TAP 3 Elite, an oral appliance similar to an athletic mouthguard that is worn while sleeping. Developed with advanced dental technology, the TAP 3 Elite reduces sleep apnea associated health risks without the need for surgery, medications or other more-cumbersome therapy.

### ■ Sleep Apnea Can Cause:

- Chronic Sleepiness
- Strokes
- Heart Attacks
- Heartburn
- Morning Headaches
- Depression
- High Blood Pressure
- Impotence



Normal jaw position, airway open.



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



TAP 3 Elite maintains forward jaw position and keeps the AIRWAY OPEN!!!