

Oral Health Care Professionals, LLC  
Snoring & Sleep Apnea dental appliance patient testimonials

Testimonial #1

I just wanted to help you let others know how much the TAP device has helped our family. Now we can all get a good night sleep. To anyone who is married to someone who snores, the TAP device will seem like a miracle. It is a non-invasive way to actually eliminate snoring and sleep apnea almost immediately. For years my husband would always be tired but we could not understand why. At night, I would be up because of his snoring and sporadic lapses in breathing, not realizing that he was suffering from sleep apnea. He would constantly wake himself up because he was not getting enough oxygen. That was scary! We thought about operations but never heard of any procedure that really worked and kept working. Finally, we heard about the TAP device offered at your office. It did not require any operations and we were told that many snorers were having success using it to eliminate snoring and sleep apnea. We decided it was worth a try. Almost immediately our house became quiet at night. We were all sleeping better. My husband actually feels rested after a full night's sleep. The TAP device really works! We can't do without it. So, thank you for recommending this device. I hope others suffering from sleep apnea will consider using it. It can be a life saver.

Sincerely,

M.V.

Testimonial #2

For several years, my snoring had interrupted my sleep and my husband's sleep. I had a sleep study performed which confirmed that I did indeed snore but that I did not have sleep apnea so there was nothing to do for me. I went to an ENT specialist who suggested surgery on my upper palette but couldn't guarantee success. I tried the sticky attachments that you put on your nose. I tried devices that you put in your nose to prevent snoring. I even bought an acupressure ring that I wore on my right pinkie finger. Nothing worked. At a routine dental appointment, I noticed a sign introducing the TAP device to prevent snoring. I decided to give it a try and it was a success!! Now my husband and I both get good night sleeps and I feel refreshed when I wake up. Thank you so much!

(Initials withheld per patient request)

### Testimonial #3

I want to share my wonderful experience with the TAP snore appliance. First I'd like to thank the office for making me feel comfortable and special. The extra energy they expend on all their patients was apparent and appreciated. I have experienced increased sleep deprivation for years: the interrupted nights, the exhausted feelings upon waking and lasting through the day, the falling asleep at work or while driving or at the movies, the mood changes, headaches, and not to mention the many times of coming down with colds. Many of these symptoms I associated with my work and personal schedule. As a dental lab technician, I became aware of the TAP appliance at a meeting in Arizona and began to research it. I could not find any dentists in the area that were using this device for sleep apnea.

One year later, I was informed that the office had started conducting sleep studies and prescribing patients for patients. I scheduled the home sleep study (which was very simple to perform) with the office and the results amazed me to how often my sleep was disrupted. I had the appliance made and fitted. The positive results were immediate. The next morning after a night with the appliance in place, I felt like a different person. It was the first time in years that I had a full night's sleep. Since then I have not missed but one night using the TAP appliance. We did a post sleep study which I knew was going to be good and it was excellent. My sleep disruptions were down to almost zero and my quality of life 100% improved. I sleep solid the entire night, no longer worry about falling asleep at work or in my car. I have more energy, think clearer, and generally a happier person. As I re-read through my letter, it sounds too good to be true, but it is true. I am so happy I do not have to use any more complicated device to control my snoring or my disrupted breathing. I would recommend this path of treatment for anyone that snores or suffers from sleep apnea as a possible solution to their problem. I highly recommend scheduling a sleep study as soon as possible.

Thank you,

T.G.

### Testimonial #4

Thank you for introducing me to the snore guard. After the first week of getting used to it, I no longer notice it while I sleep. The appliance is easy to use and maintain; much easier than any other sleep apnea device I have tried. The best part is I no longer snore. I no longer "wake up the neighbors" as my children used to say. My sleep apnea has improved also. In the beginning I was considered mild sleep apnea and now, no sleep apnea at all.

Thank you very much,

D.P

### Testimonial #5

I would like to share my experience with the TAP device so others might be helped by the device. Prior to using the device I had great difficulty sleeping at night because of snoring. I would wake myself up with snoring and often times couldn't get back to sleep for hours. I sought medical help and went to a sleep clinic. I was diagnosed with sleep apnea and told that the condition could only get worse with age. The only viable option I was given was very invasive surgery that had a 4 week recovery period and no guarantee it would solve the problem. So, I learned to just live with feeling tired all the time.

Then, I saw the advertisement in your office and was skeptical of the results because I wondered why no medical doctor had told me about it. However, I also knew that my snoring occurred when my jaw fell back when I was sleeping so the device made sense to me.

Since the very first night, I have been sleeping through the night again. I have more energy and feel better than I have in years. I would recommend this device to anyone that has trouble sleeping because of snoring. Thank you so much for recommending this device to me!!

Sincerely,

D.R.

### Testimonial #6

I just wanted to let you know how thankful I am for the mouth device that you made for my husband. Before this device, almost every night he would wake me up with his snoring. Often times, the snoring would be so loud and last so long that I was forced to search for another place to sleep. I also worried about him because he was always tired and didn't sleep well at night.

Since the first night he wore the device, the snoring is completely gone! It seems impossible to imagine that it worked so well, especially since the other doctors had recommended that he have surgery to correct the problem. Thank you for recommending this solution!

Sincerely,

L.R.

## Testimonial #7

My wife and I just wanted to express our deepest thanks for stopping my snoring and sleep apnea. This little device works beautifully. I feel better than I've felt in many many years. It's amazing to me how my snoring and apnea just sneaked up on me over the years. Because it happened so slowly and gradually, I didn't realize how badly it was affecting my life. It got to the point where I felt like I just wanted to, no, needed to sleep all of the time. I was becoming ineffective at work, inattentive as a husband, and father, and even driving home became a dangerous affair. I had to pull over many times because I was falling asleep at the wheel. I could sleep 10 hours easily on the weekend, get up, have 4 cups of coffee, and NEED a 2 hour nap just to function. That's not a life. But it was mine.

Then my father passed away, due in part to sleep apnea. I knew I had to do something. I'll admit that after you tested me and told me my snoring and apnea was very severe, I seriously doubted that a little plastic mouthpiece could actually do any good. But I tried it.

Wow! What a change. After just a few weeks of wearing it at night, things changed drastically. Now I feel I have the energy I had 10 years ago. I perform much better at work, I'm a much more attentive husband and father, and I can even drive home and still have energy to do my honey-do lists! I'm accomplishing much more in my life and feel great. This to me is all about quality of life. I now have that back in abundance.

My wife and I recently had family over to the house and everyone was astounded at how energetic I was. All of the women began asking me about the details because the males in my family apparently, all have the same problem I had. I was happy to tell them about my experiences with you. Hopefully they will contact you and you can help them too. Thanks again for all your help. The staff was great, the procedure was easy, the testing unit was relatively unobtrusive, the device is painless and easy to use, but most importantly, the result is incredible!!!

Sincerely,

B.A.

## Testimonial #8

This is a letter of thanks for the many ways that you have helped me with my sleep apnea problem. I was pleasantly surprised that my dental office had decided to help people with sleep apnea. There are many talents required for dentists to help their patients with oral health. I am fortunate to have dentists that have decided to use some of those talents to help sleep apnea sufferers. As soon as I understood the concept that positioning of the jaw was possible using an appliance, I knew that I would benefit from using it. The mouthpiece holds the lower jaw forward, opening the airway enough to reduce the apnea and often eliminate the problem! Great! I was familiar with the concept of opening the airway by positioning the head of a person requiring CPF in order to open the airway for resuscitation. I was surprised that no expensive sleep tests were required to determine the need for the appliance. I was able to do that with a take home testing unit that I could use in the comfort of my own home and not subject myself to another night of being videotaped and share all my sleep habits with who knows how many clinicians. Although the testing is not as extensive as the one at the sleep test facility, it collected enough data to determine the extent of the problem and also show how much of the problem is corrected by the device. Since I have a severe apnea problem, I was surprised that the appliance provides enough correction for me to give me benefit from sleeping. Your testing showed that the appliance reduces or eliminates apneic episodes even better than my CPAP machine does. My condition is severe enough that I benefit most when using both types of apnea correction together but having the mouth guard frees me from having to sleep where I can plug my CPAP machine in and even lets me get along fairly well without using the CPAP machine. I wake up far more rested than I did before I started using the appliance. I also grind my teeth while sleeping but that is eliminated as well as with the use of my mouth guard. I already had a device in my mouth to stop the grinding. It was a small change to add the upper unit when it benefits me so greatly. In order to get the most benefit from my combined CPAP correction, you have provided me with a tool that encourages me to breathe only through my nose. You have all the answers for me. I have needed to be imaginative myself in order to keep myself from expelling the appliance in my sleep. I am amazed how persistent I am when sleeping. You are so very generous and faithful to provide me with replacement part and repairs. I look forward to trying my new and improved appliance in the near future. I am so happy that you decided to provide this service on top of all the other services you provide to help make trips to see you something I anxiously await.

Thank you.

S.R.