

Gentle Dental - Anti - Snoring Systems

Gentle Dental

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Special points of interest:

- Snoring can put extra strain on the heart and cause drowsiness—for both partners!
- The Silensor avoids painful surgery of uncertain outcome
- The Silensor is taken out when you are awake

Transform your nightlife

If your partner's a heavy snorer, you'll know what a misery it can be. Snoring can affect the health of the snorer too. In some cases it is connected with sleep apnoea, in which the sufferer actually stops breathing for a time; the result can be constant daytime drowsiness and extra strain on the heart.

Now there's a system designed to help you stop snoring: the Silensor - available from us here at Gentle Dental.

What causes snoring?

When your throat muscles relax in sleep, they are less effective in holding open your breathing passages. The soft sides of the airway tend to close in and the air has to move faster through a smaller space.

This causes vibrations of the soft tissues which generate the noise of snoring,

How does the Silensor system work?

The Silensor uses a pair of custom made plastic mouldings, shaped to fit your teeth, which you slip into your mouth at bedtime. The top and bottom sections are connected at the sides by short plastic links, which have the effect of pulling your lower jaw forward. This in turn holds the airways open, reducing the constriction that causes the snoring.

How comfortable is it?



Sleep well every night

At first, you may experience some stiffness of your jaw when you wake up. It generally takes a few days until you become accustomed to wearing the appliance.

What if I wear false teeth?

Unfortunately, unless you have implants, the Silensor cannot be fitted. Silensor can still be used if there are still some teeth remaining.

How do I start?

Ask us to help you! To fit a Silensor, we will need to take moulds of the top and bottom teeth, which will then be used to make your unique Silensor.

Once you are used to slipping it into your mouth before going to bed, you and your partner should be able to look forward to undisturbed nights.

How much does it cost?

A Silensor is available for £255 from Gentle Dental

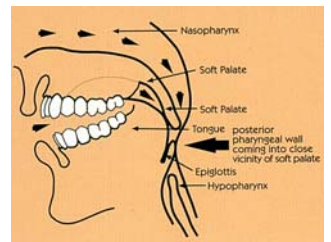


Diagram shows throat airway obstruction—the cause of snoring

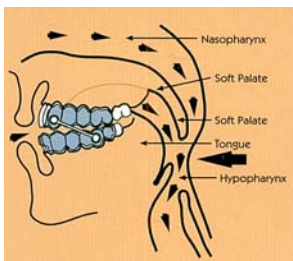


Diagram showing Silensor Fitted and airways now open

“Look forward to undisturbed nights”

Can it damage my teeth or jaw?

No. There is no evidence of any damage associated with using Silensor.