



Physiological propulsion
Effective on snoring
Improves night breathing
Improves sleep quality

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PUL Snorlight appliance

Mandibular advancement appliance for night wearing



www.pulconcept.com/fr/snorlight-menu

1. Is the PUL Snorlight for me?

The Epworth sleepiness scale allows you to set your predisposition to fall asleep. To calculate it, assign grades on these everyday situations by answering the question as accurately as possible:

« Do you ever doze off or fall asleep in the following situations? »

0: never / 1: rarely / 2: sometimes / 3: often

Situations	Grade (0 to 3)
Sitting and reading	0 0 .
Watching TV	0 0 .
Being inactive in a public place (cinema, theater)	0 0 .
Being a passenger of a vehicle for at least one hour without interruption	0 0 .
Lying down in the after noon when circumstances allow to rest	0 0 .
While sitting talking with someone close	0 0 .
Driving an immobilized car (ex: in a traffic jam...)	0 0 .
Final score (0 to 21)	0 0 .

A score above 9 indicates excessive sleepiness. Combined with everyday snoring, sleepiness may be the sign of sleep apnea and justifies a specialized consultation.

Nocturnal symptoms linked to sleep apnea: snoring, agitation due to micro-awakenings, sweat, nightmares, bruxism

This results in **daytime symptoms**: hard awakening, lack of sleep perceived, anxiety, irritability, drowsiness

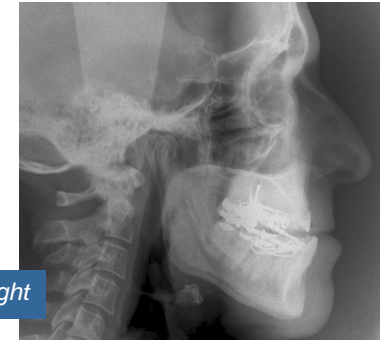
Sleep apnea is also a risk factor for high blood pressure and stroke. Blurred concentration and short memory disorders can appear. All of these can cause an impact on social and family life.

2. How does the PUL Snorlight work?

The PUL Snorlight appliance is worn at night. It widens posterior airways by keeping the lower jaw forward a few millimeters. In this way the airways are clear and greatly reduce snoring



without Snorlight



with Snorlight



This appliance is custom made from dental casts. It consists of two splints in transparent resin, interconnected by a mandibular advancement system.

3. The advantages that differentiate the PUL Snorlight:

- Physiological propulsion
- No resin on occlusal surfaces (muscle night relaxation)
- No support on the upper incisors
- Integrated coil-springs: shock absorbers protecting the TMJs
- Adjustable (up to 6mm)
- Comfortable, aesthetic, long life (laser-welded alloy frame)

4. The PUL Snorlight day by day:

The brace is to wear at night only after brushing. Respiratory and lingual reeducation for apneic patient is recommended to make the impact of PUL Snorlight more effective.

To maintain it, simply brush it every morning, dry it and store it in its protective dry box.