

SILENTNITE®



It is estimated that more than 80 million people in North America snore while sleeping¹. Considering the snorer's spouse and children, as many as 160 million people are negatively affected by snoring every night. However, there is now a prescription for a more restful night's sleep: Silent Nite®. Your dentist can prescribe this affordable, custom-made device, which is flexible, thin and comfortable in the mouth, to aid in the dissolution of snoring. Not only does Silent Nite aid in a good night's sleep, it exhibits documented clinical success for the prevention of annoying and unhealthy snoring.



Without Silent Nite, the volumetric capacity of the airway is reduced. This causes snoring.



With Silent Nite, the lower jaw is positioned forward, increasing the volumetric capacity of the airway.

1. Yuong T, Palta Metal. The occurrence of sleep-disordered breathing among middle adults. New England Journal of Medicine 1993; 328(17):1230-5.