Understanding Sleep Conditions

Sleep-disordered breathing (SDB) describes a group of conditions that include abnormal respiratory patterns during sleep. Not only are these conditions common, but they are also associated with comorbidities like heart disease, depression, and diabetes.

The most common form of SDB is obstructive sleep apnea (OSA), in which throat muscles intermittently relax and block your airway during sleep.

OSA impacts both men and women, affecting an estimated one in 15 adults in the United States.

It’s believed that as many as 80% of those with the condition remain undiagnosed.

How the Vivos System Can Help

The Vivos System provides sleep apnea treatment with a beginning and an end, which means that you can experience lifelong results after just a few months of treatment. Offering multidisciplinary sleep medicine innovation, the Vivos System is more than a dental appliance: It’s an opportunity to improve the quality of your life.

For more information, visit us at vivoslife.com
The Importance of Sleep

With the study of sleep at the forefront of medical research, it is widely accepted that many important biological processes occur during healthy sleep, including the following:

- Proper brain function
- Emotional well-being
- Cellular restoration
- Energy conservation
- Weight regulation
- Proper insulin function
- Immunity
- Heart health

How the Vivos System Works

Our treatment for mild-to-moderate OSA involves a specially designed and customized oral appliance (the mRNA) and treatment protocols that we call the Vivos System. The Vivos System technology represents the first nonsurgical, noninvasive, and cost-effective alternative that normally does not require lifetime use or intervention for the hundreds of millions of people globally who suffer from mild to moderate OSA.

Signs You May Have OSA

Signs and symptoms of OSA can include the following:

- Loud snoring
- Episodes of stopped breathing during sleep
- Waking abruptly, occasionally by gasping or choking
- Daytime sleepiness, difficulty concentrating, or mood changes