eXciteOSA

Clinically proven daytime therapy for Mild Obstructive Sleep Apnea (OSA) and Snoring[1-3]

Now available at Southern California Pulmonary and Sleep Disorders Medical Center

NEW

Mild OSA and Snoring

Quality sleep is vitally important for good health and well-being. It allows the body to rest, to recharge, and to repair itself.

Snoring is the most common cause of sleep deprivation, affecting around 1 in every 3 people, causing excessive tiredness and poor concentration, and having detrimental effects on their partner.

Snoring doesn't just deprive the body of quality sleep; it can also deprive the body of oxygen and is often the first stage of mild OSA, where a person temporarily stops breathing repeatedly during sleep due to a blocked upper airway.

Mild OSA and snoring are caused by the over-relaxation of the muscles in the throat, causing the tongue to fall back in the mouth, partially blocking the upper airway. The snoring sound is generated by the mouth and throat soft tissue vibration.

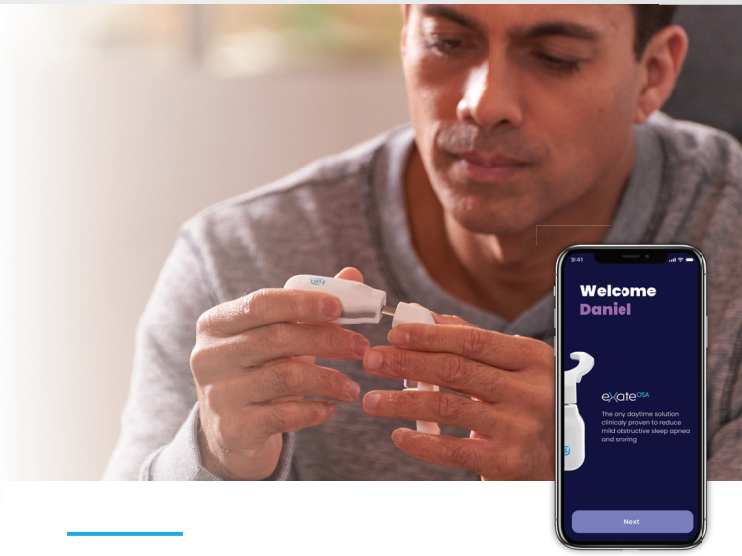
62% of men

45% of women

suffer from snoring[3]

Introducing eXciteOSA®

eXciteOSA® is the world's first daytime therapy that targets the root cause of mild obstructive sleep apnea (OSA) and snoring, rather than simply relieving the symptoms.



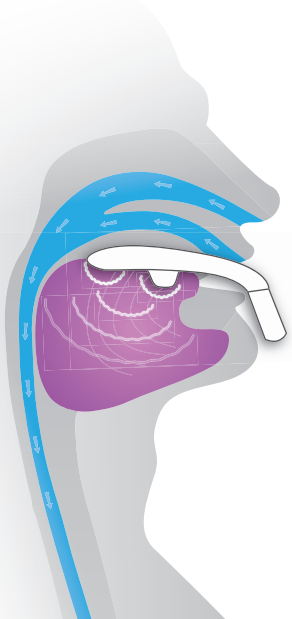
How eXciteOSA® works

1. The eXciteOSA® mouthpiece gets positioned onto your tongue.
2. The app activates and customizes each therapy session.
3. The app tracks your progress and keeps you focused on therapy goals.

eXciteOSA® works by using an electrical current to stimulate and improve muscle function of the tongue.

Improvement of muscle function prevents the upper airway tissue from collapsing, keeping the upper airways open during sleep.

This prevents snoring and also increases the intake of oxygen, and improves the quality of sleep.[1-3]



Clinically proven

eXciteOSA® has been clinically proven to improve the quality of sleep by reducing mild OSA and snoring significantly, when used for 20 minutes, 1 time each day for 6 weeks.[1-3] Only two 20-minute sessions are required each week thereafter.

20 *minutes a session* | **1** *time each day* | **6** *weeks*

A convenient daytime therapy for noticeable night-time results

90% of patients reported a reduction in snoring time[3]

89% of bed partners reported a reduction of their partners snoring[3]

79% of sleep apnea patients achieved a reduction in sleep apnea measures[3]

Signifier
MEDICAL TECHNOLOGIES

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1. E.Wessoleck et al. Intraoral electrical muscle stimulation in the treatment of snoring. Somnologie (Berl). 2018; 22(Suppl 2): 47–52.
2. A.Sama et al. Daytime Intraoral Neurostimulation with Snoozeal® for treatment of Snoring and Mild Sleep Apnea. CHEST Annual Meeting Notes, 2018.
3. eXciteOSA® White Paper (2020). Clinical study of 115 patients with snoring or mild OSA (Apnea- Hypopnea Index (AHI) <15 n=65) completed the trial. Objective snoring and respiratory parameters were recorded with 2 consecutive WatchPAT® night sleep studies before and after the use of the device. An intra- oral tongue stimulator device was used for 20 mins, once a day for 6-week period. (Internal publication by SMT for educational purposes and submission.)

iF DESIGN AWARD 2020

eXciteOSA® - a winner of iF DESIGN AWARD 2020 for Design Excellence in the "Medical Device" category and a winner of IDEA Design Award 2020

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