

Better sleep is easy

HUSHD PRO + SLEEP CARE APP

- → Remotely monitor your sleep
- → Self managed sleep reports
- \rightarrow Simple 'How to use' device guides
- → Reminders in real-time for individual sleep hygiene, morning exercises, titration steps
- → Product info and warranties
- ightarrow Clinic appointment booking function
- → Efficacy and compliance monitoring
- → Product ordering including Cleaner
- → Monitors progress for any device!

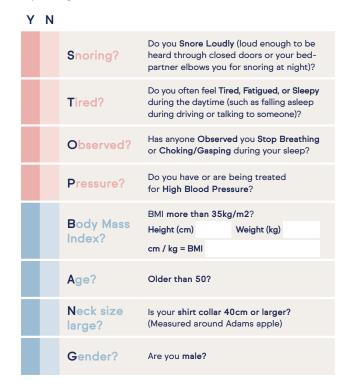
If you would like more info, please contact us: hello@goodsleepco.health



STOP-BANG Questionnaire

Is it possible that you have Obstructive Sleep Apnea?

Please answer the following questions below to determine if you might be at risk.



Risk of Obstructive Sleep Apnea?

Chung F et al J Clin Sleep Med Sept 2014.

Low risk	Intermediate Risk	High Risk
Answered YES to 0-2 questions	Answered YES to 3-4 questions	Answered YES to 5-8 questions
	YES to 2 or more of 4 STOP questions + male gender	YES to 2 or more of 4 STOP questions + BMI >35kg/m2
Property of University Health Network.		YES to 2 or more of 4 STOP questions + neck circ. >40cm
Modified from Chung F et al. Anesthesiology 2008; 108: 812-821, Chung F et al Br J Anaesth 2012; 108: 768-775,		YES to 2 or more of 4 STOP questions + male gender



Ask your dentist how they can help cost effectively screen you for sleep apnea today.

Enquire Now

If you would like more info, please contact us: hello@goodsleepco.health

GoodSleepco

Sleep Apnea

When you stop breathing during sleep

Sleep apnea can be a serious condition that may cause other medical problems if left untreated. An apnea (when you stop breathing) occurs when the upper airway is obstructed by soft tissue in the airway (like the tongue or the soft palate).

The condition is often associated with snoring but not always. When the breath is obstructed oxygen levels in the blood can drop which results in us waking up from deep phases of sleep. The resulting quality of sleep is often poor and patients report feeling tired or waking with headaches or unrefreshed.



Without Hushd

Airflow is restricted, resulting in a familiar snoring sound.



With Hushd

Air is flowing smoothly, for a better rest.



Have you had a sleep test?

Comprehensive sleep evaluation.

If you've never had a sleep test before the good news is it's easy and painless.

This clinic uses the Good Sleep Test which is a clinically proven home testing device for sleep apnea. The Good Sleep Test will measure whether or not you stop breathing during the night which is how we diagnose sleep apnea.

Why do we do sleep tests?

Sleep tests are important to understand firstly, whether or not you have sleep apnea and secondly to what severity you have it. Sleep tests can be analysed by a sleep specialist too which helps the dentist to understand what is the best way to treat you if you have a condition.



The Good Sleep Test is simple to use, providing the opportunity to test sleep quickly and easily, in comfort. In conjunction with the Good Sleep Test Specialist Report, a health practitioner can instantly review whether treatment is required.



HOME SLEEP TEST & SPECIALIST REPORT

Mandibular Advancement Devices (MADs)

Custom made for your teeth by the dentist

Mandibular Advancement Devices or MADs, are made up of two pieces. A mouthpiece for the upper teeth and one for the lower teeth. Hushd Pro devices, by Good Sleep Co, are small and fit to the teeth perfectly.

The device works by slightly pushing the jaw forward during sleep resulting in opening of the airway (pulling the tongue and other soft tissue forward). Patients find these devices more comfortable than CPAP or other therapies and have no issue using them every night.









Hushd Pro permanent therapy

Take a look at the quality MAD range by the Good Sleep Co at www.goodsleepco.health