



Download the App



## Better sleep is easy

HUSHD PRO + SLEEP CARE APP

- Remotely monitor your sleep
- Self managed sleep reports
- Simple 'How to use' device guides
- Reminders in real-time for individual sleep hygiene, morning exercises, titration steps
- Product info and warranties
- 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](mailto:hello@goodsleepco.health)

# GoodSleep<sup>co</sup>

## 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.

Y N

	<b>Snoring?</b>	Do you Snore Loudly (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)?
	<b>Tired?</b>	Do you often feel Tired, Fatigued, or Sleepy during the daytime (such as falling asleep during driving or talking to someone)?
	<b>Observed?</b>	Has anyone Observed you Stop Breathing or Choking/Gasping during your sleep?
	<b>Pressure?</b>	Do you have or are being treated for High Blood Pressure?
	<b>Body Mass Index?</b>	BMI more than 35kg/m <sup>2</sup> ? Height (cm) <input type="text"/> Weight (kg) <input type="text"/> cm / kg = BMI <input type="text"/>
	<b>Age?</b>	Older than 50?
	<b>Neck size large?</b>	Is your shirt collar 40cm or larger? (Measured around Adams apple)
	<b>Gender?</b>	Are you male?

### Risk of Obstructive Sleep Apnea?

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/m <sup>2</sup>
		YES to 2 or more of 4 STOP questions + neck circ. >40cm
		YES to 2 or more of 4 STOP questions + male gender

Property of University Health Network.

Modified from

Chung F et al. Anesthesiology 2008; 108: 812-821,  
Chung F et al Br J Anaesth 2012; 108: 768-775,  
Chung F et al J Clin Sleep Med Sept 2014.

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## Want to improve your sleep?



## Are you snoring? Do you wake up tired? Do you grind your teeth?

Understanding the symptoms will  
help with establishing solutions.

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](mailto:hello@goodsleepco.health)

## 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.



### Test your sleep quality in the convenience of your own bed!

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.



**good  
sleep** TEST

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  
AVERA



**hushd** PRO  
AUTO

### Hushd Pro permanent therapy

Take a look at the quality MAD range by the Good Sleep Co at [www.goodsleepco.health](http://www.goodsleepco.health)