

# Begin your journey towards better sleep with eXciteOSA®



**eXciteOSA** The first FDA authorized therapy that targets the root cause of mild obstructive sleep apnea (OSA) and snoring rather than simply relieving the symptoms.<sup>1-3</sup>

## Daytime use for nighttime results

eXciteOSA® is the only daytime solution clinically proven to help with mild OSA and snoring. The non-invasive device only needs to be worn for 20 minutes a day, 1 time each day, for 6 weeks. Therapy is required only twice a week thereafter.

20 minutes  
a session

1 time  
each day

6 weeks

## Easy to use

The smartphone app seamlessly connects to your eXciteOSA® device, making it easy to complete therapy sessions and track progress.

## Clinically proven

90% of patients reported a reduction in snoring time<sup>3</sup>

89% of bed partners reported a reduction of their partners snoring<sup>3</sup>

79% of sleep apnea patients achieved a reduction in sleep apnea measures<sup>3</sup>

## Why is sleep so important?

eXciteOSA® will help you do more than just sleep better. Quality of sleep is directly correlated with quality of daily life. The better you sleep, the more energized, healthy, and present you'll be.



## About the therapy

eXciteOSA® improves the muscle function of the tongue through stimulation therapy. Strengthening these muscles prevents the upper airway tissue from collapsing and trains the upper airway to remain open during sleep, thereby improving sleep quality.



## How it works

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

## What to expect

- Each session includes four, 5-minute phases, each designed to train your tongue muscle in a different way.
- Therapy levels outside of your comfort zone will not improve outcome or speed up results.
- Some patients experience slight accumulation of saliva during their first few uses.

Take the next step towards better sleep. Download our app to begin. »

Questions? Email [info@signifiermedical.com](mailto:info@signifiermedical.com) or call +1 844 MildOSA

**REFERENCES:** 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.

eXciteOSA® is a registered trademark of Signifier Medical Technologies. ©2021 Signifier Medical Technologies. All rights reserved. EX0002 2/21



**Signifier Medical Technologies LLC**

175 Highland Avenue

Needham, MA 02494 USA

+1 844 MildOSA | [info@signifiermedical.com](mailto:info@signifiermedical.com)

[www.exciteOSA.com](http://www.exciteOSA.com)