



But do you know how much you really need it?

TIRED OF SNORING?

To learn more about the Pillar Procedure or locate a physician trained in performing the Pillar Procedure, visit www.pillarprocedure.com.

¹ Beninati W. et al. The Effect of Snoring and Obstructive Sleep Apnea on the Sleep Quality of Bed Partners, *Mayo Clin Proc.* 1999 Oct; 74(10):955-8.

² Young, T. et al. Risk Factors for Obstructive Sleep Apnea in Adults, *JAMA* 2004, Vol. 291, No. 16.

³ The Epworth Sleepiness Scale is a recognized self-testing method to determine levels of sleepiness while performing common daytime activities. This brief assessment is not a substitute for professional medical advice.



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Sleep Better. Feel Better. LIVE BETTER!
Make sure you're getting the sleep you deserve.

You know you deserve a good night's sleep.

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Sleep Is Not a Luxury – It’s a Necessity

Losing sleep because you snore – or your bed partner snores – is more than just a frustrating inconvenience. It can have significant consequences. Getting enough sleep each night is a basic physical need; it’s crucial to our health and well-being. The average bed partner of a snorer loses an hour of sleep per night¹, and that takes its toll on a healthy lifestyle.

Are you or your bed partner experiencing:

- The need to sleep in separate rooms?
- Strained relationships and reduced intimacy?
- Daytime sleepiness and decreased productivity?
- Diminished mental and emotional health?
- Slower reaction time, increasing the risk of accidents?
- Weight gain?

Snoring Can Be a Sign of a More Serious Problem

Snoring may also be a sign of obstructive sleep apnea (OSA), a serious medical condition that should be treated immediately. During sleep, people with OSA may stop breathing for 10 seconds or more, 10 or more times an hour! This creates serious health risks. OSA has been linked to:²

- Heart attack and stroke
- High blood pressure
- Type II diabetes
- Weight gain
- Depression
- Sexual dysfunction
- Cognitive dysfunction

Start a new life! You and your partner deserve a good night’s sleep and a better lifestyle – the Pillar Procedure can help.

Restoring a Healthy Lifestyle The Pillar Procedure

The Pillar Procedure is the first and only FDA-cleared implant system to treat the soft palate component of snoring and mild to moderate OSA – designed to help patients sleep better, feel better and live better.

The Pillar Procedure typically is performed in approximately 20 minutes in a physician’s office using only local anesthetic. Most people resume normal activities and diet the same day.

SAFE — Reported complication rate of less than one percent

EFFECTIVE — Clinically proven results with high patient and bed partner satisfaction

MINIMALLY INVASIVE — Very little pain reported

During the Pillar Procedure, three tiny polyester implants are placed into the soft palate. These implants, together with the body’s natural fibrotic response, add structural support to and stiffen the soft palate. This structural support and stiffening reduces or eliminates the tissue vibration and/or collapse that can cause snoring and OSA.

Join more than 25,000 people who are sleeping better, feeling better and living better with the Pillar Procedure.

SCHEDULE AN APPOINTMENT WITH YOUR DOCTOR TODAY to see how the Pillar Procedure can help you sleep better, feel better and LIVE BETTER.

EPWORTH SLEEPINESS SCALE³

Take a moment to fill out this short questionnaire. A score of 9 or more may indicate that your snoring is a sign of a more serious condition. Bring this questionnaire to your next doctor appointment.

Name: _____

Today’s date: _____

Your age (Yrs): _____

Your sex (Male = M, Female = F): _____

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

Use the following scale to choose the most appropriate number for each situation:

- 0 = would **never** doze
- 1 = **slight chance** of dozing
- 2 = **moderate chance** of dozing
- 3 = **high chance** of dozing

It is important that you answer each question as best you can.

Situation	Chance of Dozing (0-3)
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (e.g. a theatre or a meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when circumstances permit	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in the traffic	_____

Total:

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