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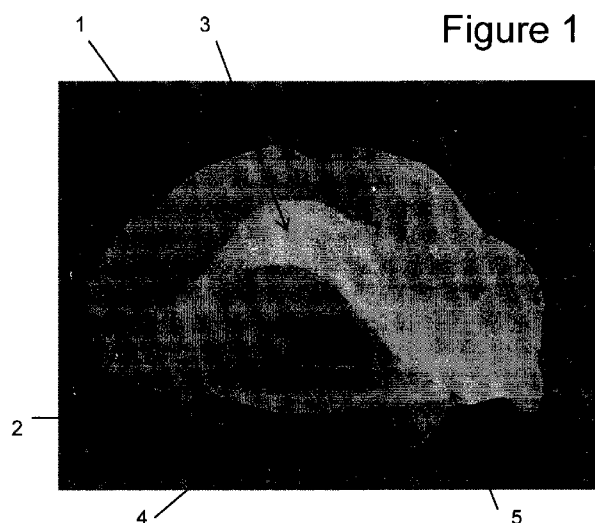


Figure 1

(57) Abstract: A sleeping aid having an upper moulding (1), a lower moulding (2) and a bridge (4); the sleeping aid formed so that it can be placed in the mouth of a human user with a series of the user's upper teeth snugly in the upper moulding (1), a series of the user's lower teeth snugly in the lower moulding (2), the user's lower jaw held forward of its natural resting position by the mouldings, and the bridge (4) extending across the user's tongue to restrict the tongue from rearward movement; the sleeping aid formed such that when it is worn in this way the forward position of the lower jaw and the position of the bridge (4) substantially inhibits snoring and/or sleep apnoea.

