

ABSTRACT

A sleeping aid having an upper moulding 1, a lower moulding 2 and a bridge 4;

5 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;

10 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.

FIG.1 for publication